

# GREAT THOUGHTS



*Writer and Publisher*  
**Dharam Pal Kapoor**  
*B.A. (Hons.) M.A.*



**Kothi No. 1135, Sector 11**  
**Panchkula-134112 (Hry.)**  
**Phone : 0172-2567845**  
**Mobile : 9356301618**

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## **Dharam Pal Kapoor**

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Phone : 0172-2567845

Mobile : 9356301618



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## PERFACE

I beseech (pray) you to spare a few minutes of your valuable time and go through the book "Great Thoughts" witch I have penned for you after a lot of labour and profound thinking. I used to write this book occasionally. That is why it took about 50 years to write this book so that it may magnum opus (a great good) for humanity. Do not just glance through it cursorily, but savour it with your heart. Your time will not be wasted rather gain fully utilized. A deep study of it will compel every reader to put the precept into daily practice and the same will definitely bestow on the seeker great peace and prosperity, health and happiness in the modern age of tension and stress.

It is really a valuable and excellent anthology (collection) of prose containing 25 different topics provided for the readers alphabetically. It offers comfort and consultation, enlightenment and elucidation (explanation) in such a manner as to make a direct apeal to the modern young and old alike. Optimism is the key note of this book. Its pages abound in constructive suggestions for a fuller and happier life. I hope it may inspire many thirsting and aspiring souls in humble and sincere prayer.

I am very thankful for Sharvshri Sardari Lal 'Kamal', Dr. Ashok Sharmaji, Satya Dev Sahgalji, Satya Paul Modiji, Naresh Bansalji and Jai Kishanji etc. for their help in publication of this book. Perhapes I would have not able to do so without their valuable cooperation. I am also indebted to God who inspired me to do it.

I have tried my level best to write this book correctly according to my capacity and ability. But no body on the earth is perfect except God. Actually man is a mannequin of mistakes to error is human. I, therefore, am not an exception. If there is any mistake, I beg pardon from the readers. Any suitable suggestions from the readers are keenly awaited and welcome from the very core of my heart.

In the end, I am very grateful to all those authors whose books have inspired me to write this book and whose thoughts have quoted in this book.

*D. P. Kapoor*

**(D.P. Kapoor)**

B.A. (Hons.) M.A.

Kothi No. 1135, Sector-11,

Panchkula (Hary.)

Ph. : 0172-2567845

Mob. : 9356301618

## Reviewer's Views

Shri Dharam Pal Kapoor is a born bachelor having a sacred soul, pious pen and roams in religions realms. If God has been benevolent upon him, he is equally charitable towards the poor, be they relatives or strangers. That is why he spends a lot on writing, publishing and free distribution of his instructive/religious books for the benefit of society and humanity. Whatever he preaches, he practices; he does not simply deliver precepts and sermons. This book entitled "Great Thoughts" is a speaking example. The topics included in this book touch art, education, literature, culture, civilization, sciences, human life and what not.

The views, ideas and ideals have been backed profusely by quotations of well known writers/poets, thinkers and philosophers so as to make them acceptable. At some places, the writer's views may be at variance with the readers but that shows his individual personality and free thinking and should be welcome.

I can only wish the writer's mission of teaching and preaching of great ideals a sure success.

**Sardari Lal Dhawan 'Kamal'**

# 1433, Sector 11, Panchkula

Phone : 0172-2563659

Mob. : 9417838090

## Special Message

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**(D.P. Kapoor)**  
B.A. (Hons.) M.A.  
Kothi No. 1135, Sector-11,  
Panchkula (Hary.)  
Ph. : 0172-2567845  
Mob. : 9356301618

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# 1. A WELL-ADJUSTED PERSON

**It is easy enough to be pleasant  
When life flows on like a song.  
But the worthwhile man is the man.  
With a smile when everything goes wrong.**

**Optimism is the faith that leads to achievement.  
Nothing can be done without hope.**

—Halen Kella

A well-adjusted person is one who faces the problems of life bravely, likes himself and others, never gets irritated over trifles and takes his decision firmly.

A mentally healthy person lives up to the demands of life. He never fights shy of the problems of life, but on the other hand proves himself equal to the occasion and stops worrying does not mince matters. He is , therefore, not an easy prey to the vicissitudes (changes) of life. His motto is:-

**Strength is life; weakness is death;  
Strength is facility, life eternal, immortal,  
weakness is constant strain and misery :  
weakness is death.**

—Swami Vivekananda Vol. II P 3

Goethe said—

**He who has a firm will mounds the world to himself.**

He likes himself. He never grumbles and constantly works hard for the betterment of his lot without encroaching upon the interests of others.

A man of adaptability can pull on with anybody in any part of the world. Adaptability ensures us strength and joy. He has to embrace all. It develops universal love and kills the

feeling of hatred. As Swami Sivananda said in his book “Sure ways for success in life and God-realization.”

**All great persons of the world have achieved greatness, success and eminence through patience and perseverance.**

He who ever adopts the following points is sure to succeed in his life—

1. The most damaging one letter word “I”.
2. The most satisfying two letter word we.
3. The most poisonous three letter word ego.
4. The most acceptable four letter word love.
5. The most pleasing five letter word smile; adopt it.
6. The fastest spreading six letter word rumour, ignore it.
7. The most enviable seven letter word success, achieve it.
8. The most nefarious (wicked) eight letter word jealousy, avoid it.
9. The most powerful essential nine letter word knowledge, acquire it.
10. The most essential ten letter word, develop it.

He who does not hate others is equally aware of the fact that man is a unique blend of good and bad. He is, therefore, tolerant of the shortcomings of others just as he is of his own. He is capable of loving others. Thus he sings in unison with Robert Browning.

**God is in His Heaven,**

**All is right with the world. (Piper is song)**

A well-adjusted person seldom gets annoyed over little or no cause since irritable man is very weak and has no mental strength. Emergencies make giant men. Sir Walter Raleigh wrote the History of this world during imprisonment

of 13 years. Luther translated the Bible while confined in castle of Wart Burg for 20 years. Dante worked in exile and even under sentence of death.

Although he experiences fear, hatred, jealousy, worry etc. yet he is not subdued by them. He embraces, loves and serves all. He excuses the baby souls who are committing mistakes. So much so that he forgets and forgives their mistakes. He considers that all these small petty differences are purely mental creations. He writes—

**Success grows out of struggles to overcome difficulties.**

**If there were no difficulties, there will be no success.**

A mentally healthy man is confident of his ability and is not diffident (distrustful). He knows his real worth. He is a man of confidence who is always successful in all his attempts and ventures since confidence leads to success. As Emerson has aptly remarked :—

**Shallow (foolish) men believe in luck, wise and strong men believe in cause and effect.**

He is not slave to passions like rabbits, but he checks and controls the same. To him, sexual pleasure is not pleasure at all, but it is merely a mental delusion. Philosophically speaking, he is the man who calms his turbulent passions and is the happiest man on the earth.

He leads a life of non-attachment like the lotus-leaf on water since attachment is the root of all mental miseries. To him, non-attachment is nectar and attachment is poison.

He believes that money is a means and not an end of human life. He attaches due importance to materialism and spiritualism. He, therefore likes and believes in the following motto for versatile development of his personality for leading a happy life.

1. **From rituals to realization.**
2. **From tension to tranquillity (peace of mind).**
3. **From medication to meditation.**
4. **From solace to solution.**
5. **From known to unknown.**
6. **From darkness to light.**
7. **From matter to mind .**
8. **From efforts to experience.**

He believes in the philosophy of LIBRA i.e.

1. **L - Live in Present.**
2. **I - Inspiration in life.**
3. **B - Bestowing blessings.**
4. **R - Reduce your desires and expectations.**
5. **A - Accept people as they are.**

As Alexander Pope said in his world famous book "Essay on man."

**Virtuous and vicious everyman must be.  
Few in the extreme, but all in degree.**

He is noble, liberal, polite, free and frank. He does not like and believe in mean and crooked mindedness which are hindrances and hurdles in human life.

He leads his life like a great planner for the betterment of his future. He tries his level best for the achievement of his ideas and ideals in life; people get no where since they are rolling stones that gather no mass. He takes decisions and then accepts responsibility for the same. He follows principle of five D's to succeed in his aim.

1. Direction, 2. Dedication, 3. Determination, 4. Discipline, 5. Deadline.

He avoids five C's :—

1. Crime, 2. Corruption, 3. Comparison, 4. Confusion, 5. Conflict.

He never grumbles over the consequences coming in the wake of every married life even though he may have no

means to meet the bare necessities of life. If he marries he never bothers whether a girl or a boy is born to his wife. When he makes mistakes, he gracefully acknowledges them, thinks over it and resolves not to commit such errors in future. Thus he profits by his mistakes.

A mentally healthy person is careful about his dietary habits. He never takes such eatables as are dangerous to his health and brain. He always prefers health to wealth and takes good care of himself to improve his physique. He takes exercise daily which is a panacea (universal remedy) for all diseases and maladies (sicknesses) of life. He knows very well that health is real wealth and he, therefore, takes care of his health. Thus he believes in Gandhian Philosophy as given under:—

**It is not what you eat but what you digest that makes you strong. It is not what you earn; but what you save that make you rich. It is not what you learn but what you remember that makes you wise.**

—Key to Health

A well adjusted man is usually calm in a crisis. As Disraeli said—

**The secret of success in life is for man to be ready for his opportunity when its comes.**

He is neither shy nor timid since they are great hindrances in the path of success in life. These weaken man and check his growth. He, therefore, eradicates the same by developing courage. As victor Hugo writes—

**People do not lack strength, they lack will.**

He is neither over-credulous nor even suspicious since he does not go to extremes and keeps the golden medium. He never thinks that he is superior or inferior to anybody. If you think you are superior to others, you will begin to treat them with downright contempt. Thus the idea of superiority and inferiority is the product of ignorance and purely a

mental creation of the man. Moreover, he also tries his level best to remove hatred, and he conquers it with love. He eradicates jealousy by developing nobility and magnanimity (greatness) pride by humility, hypocrisy (false pretension) by frankness and simplicity. By nature, he is aware of the fact that life is a fine blend of tragedy and comedy. He, therefore, never gets confused in a tumultuous (protuberant) situation but remains calm. As Shakespeare has truly written in his world famous classic play “All is well that ends well”.

**The web of our life is of a mingled yarn, good and ill together.**

He believes in optimistic philosophy of life. He dares to endure and is never morose (gloomy) and peevish. He understands that what cannot be cured must be endured. To him, simple living is full of fun and frolic (merriment). He, therefore, sings with Browning :

**How good is man’s life.**

**The mere living how fit to imply :**

**All the heart, the soul and senses forever enjoy.**

He is always alert in approving his work to achieve success in life. He gets happiness out of his work. He is a man who works with love and finds happiness in doing so. He works for the sake of work and not merely to make a living out of it. He takes keen interest in his work. As James Barrie has truly said :—

**The secret of happiness is not doing what one likes but in liking what one has to do**

Thus he believes in the positive aspect of life. To him, life is perpetual, nay permanent struggle and because of his adjustability. he comes out victorious through the struggle.

He has a firm walking and a strong handshake so that he may influence others. His grip over the numerous activities of life is strong like a rock. No difficulty can shake his determination and he never experiences flickering movements in his life.

Mentally healthy man is a man of pleasant nature and with his spirit of service and humility and obedience can influence millions. He also knows how to behave and adjust himself with other people. He knows the art of talking and therefore, talks gently and sweetly. This produces a tremendous impression on others. He respects others with a smiling face as he wants to be respected by others and reduces his wants and lives honestly within his means since contentment is happiness.

Besides, he is happy with his present lot. To him, contentment is a bliss and nectar and there is no greater gain than contentment. As there is a proverb :

**A contented mind is a continual feast**

Similarly Yogananda Paramhansa said :—

**Be contented with whatever is coming to you in the natural course. You cannot get a single penny more than whatever is due to you.**

But he is not indolent and he, therefore, does not rest upon his laurels and tries his level best to better his lot, shunning indolence.

Concludingly, it would suffice to say that a well adjusted person is not a perfect man and he also possesses shortcomings as a human being. But he can adjust and accommodate himself according to the circumstances to enable him to achieve success in life. As a poet said :

**There is no bribery like the greed.**

**There is no wine like ego.**

**There is no pollution like mental pollution**

**There is no corruption like corruption of soul.**



## 2. AN IDEAL TEACHER

**There are men and men, Every stone is not a gem.**

**Teachers are everywhere, but like A.B.C. are very rare.**

There are teachers and teachers everywhere. But ideal teachers are very rare. The teacher should be a man inspired by an inner call for the vocation of teaching. He is a torch bearer of knowledge, a man of sterling character who will serve as inspiring and excellent example to his pupils. An ideal teacher is not a heavenly born person but he possesses the divine qualities of all the professions open to man; the profession of a teacher is the most difficult and delicate (sensitive). It is a noble profession but it needs some redeeming qualities which everybody is not gifted with.

An ideal teacher moulds the character and shapes the destiny of his students who are going to be the future Statesmen, Scholars, Soldiers, Saints and Scientists. A heavy but sacred responsibility rests on his shoulders. He, therefore, himself should be a man of spotless character and vast knowledge. He should have the spirit of sacrifice and social service. He collects and infuses knowledge, wisdom, spiritual perception (experience) and eloquent speech for alround development of student's personality.

He should be the master of the subject that he teaches. his knowledge should be deep, his information up-to-date, and his expression rich and fluent. He should cast a spell on the students whom he teaches. He is a man of discipline and decorum (etiquette) and controls his students not with rod but with love. His high ideals should inspire confidence among the students. He may be strict in the larger interests of the students but at heart, he is a friend, guide and philosopher for them. He may gather from the tree of life the fragrant flowers of fame and the golden fruit of greatness.

He should possess five unique qualities of an ideal teacher i.e. character, commitment, conviction, courtesy and courage. Swami Vivekananda aptly said—

**Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life building, man making, character making, assimilation of ideas. If you have assimilated five good ideas and made them your life and character, you have more education than any man who has got by heart a whole library.**

—Vol. III P 302

He looks upon teaching not as a profession like a modern teacher, but a mission, He works with a missionary zeal. He is an embodiment of simplicity and gentleness. He is always polite, courteous and sweet natured with his students. He is a student throughout his life. He is wedded to books. He prepares his lesson thoroughly before he teaches. To him teaching is pains, preparation, perspiration and toil. He thinks that Mother India expects every son of her to serve her with heart, head and soul. He learns by heart Tagore's following words as his motto—

**A teacher can never teach unless he is still learning.**

**As a candle cannot burn another candle unless it is still burning.**

He inspires his students with new ideas and ideals. His duty is not to give bookish knowledge only, but to widen frontiers of knowledge of his students and explain to them the problems of life. He is really the pride, hope and wealth of the Institution where he teaches. He is an indispensable asset to that institution. He is punctual to a second and is always out to lend a helping hand to his students. He

dedicates his whole life to the sacred cause of education.

He does not hanker after money. He works with a missionary spirit. He is pride of the whole society. He is an asset to the nation and he is held in high esteem. He is respected for his moral and intellectual qualities. He is a source of inspiration for his pupils and also loving and sympathetic towards them. He serves as a light house to his students. Degrees and diplomas do not make an ideal teacher. But he possesses in him a synthesis of all the good and noble qualities.

It is not a child's play to be an ideal teacher. A university degree does not make a teacher ideal. He should imbibe ideal qualities of head and heart. He is to fire the minds of his students with new ideas and aspirations. He burns like a flame, which brightens the dark horizon of life. He must be intellectually alive in the classroom. Enthusiasm must be characteristic of his teaching. He loves teaching as a painter loves painting and a singer singing. He has an attractive and lovable personality. So much so that the students feel at home in his company. He wins their confidence and tries to remove their problems. He actually is a torchbearer for his pupils. He keeps the torch of knowledge burning every moment. It is through his efforts that a nation can become really great. He follows Tagore as motto for his nation for its versatile development.

**Where the mind is without fear and the head is held high.**

**Where knowledge is free.**

**Where the world is not broken up into fragments  
by narrow domestic walls.**

**Where words come out from the depth of truth**

—Gitanjali



### 3. CHARACTER

**Sow the ideas, reap action,  
Sow the action, reap habits,  
Sow the habits, reap character,  
Sow the character, reap luck.**

Character is really the crown of a human being. It is, in fact, a supreme and unique, wealth conferred on man by Nature. It constitutes a rank in itself, dignifying a man's position in society. It is, therefore, one's character that pays one everywhere. Character is power. It is stronger than personality. It is the mighty soul force. It is like a sweet flower that wafts (conveys) its fragrance and perfume everywhere. But sorry to say that most of the people do not know the real meaning of character. It is a bundle of good habits.

**A character lives inside man. No matter how much a person camouflages (conceals) himself, his character lays bare his truth in front of us. Truth cannot be hidden for long.**

Goodness comes when you think good of others. It has been derived from nine alphabets of CHARACTER as explained below.

**C** : — It stands for courage and culture. Courage means to face the reality of life. Culture simply means development of man pertaining to his mind and soul. Man with courage is like a lion and without courage he is like a sheep.

Men who have dared have moved the world, often before reaching the prime of life. It is astonishing how dare and perseverance (persistence) have enabled even youths to achieve. Alexander, who ascended the throne at twenty had conquered the known world before dying at thirty three. Julius Caesar captured 800 cities, conquered 300 nations,

defeated three million men, became a great orator and one of the greatest statesmen known and still was a young man. As O.S. Modern says—

**The tonic of courage is the finest medicine in the world.**

—The conquest of Worry

In this connection, we may quote Shakespeare :

**Cowards die many times before their death,  
The valiant never taste of death but once.**

—Julius Caesar

Swami Vivekanand said—

**In your country it is tailor who makes a man cultured and civilized but I belong to that country where a man's character, his moral and spiritual values make him cultured and civilized.**

**H :** It simply means honesty, honor and hard work. One should prefer self-respect and self-reverence. One should never sell one's honor at any rate, and under any circumstances. As Abraham Lincoln said :—

**Character is like a tree and reputation like its shadow. The shadow is what he thinks of it, the tree is the real thing.**

**A :** It inspires us to be active and firm in our noble resolves. One should not rest on one's laurels as generally people do in life and one must try one's best to better one's future. Our motto should be that we must be contented but not lethargic. A man who wants to develop his character must be an all-round man. One should possess all the qualities that are narrated in the thirteenth and sixteenth chapters of the Holy GITA. One should lead a pure and pious life since purity is the honey of life. Dr. S. Radhakrishnan's words from his work "The Present Crisis of Faith" declare.

**Character is destiny. Character is that on which the destiny of a nation is built. One cannot have a great nation with men of small character. If we want to build a great nation, we must try to train a large number of young men and women who have good character.**

**R** : Means that one must be regular, like a clock. In this world of complexity of ideologies, we cannot feel our soul and vision with our own store of both material and abstract commodities but we have to correlate our resources with the resources of universe at large. It implies readiness of human behavior. Readiness never means the instability of mental equilibrium (balance) but it simply implies that we should welcome the normal activities of our routine with open arms. These assets drive us away from inertia, (inactiveness) which is a symbol of sluggishness and dullness.

**A** : Stands for being altruistic (regardful) and amiable. One should be very serviceable for society and guide the masses properly in order to dispel the veil of darkness and ignorance and infuse the spirit of light and knowledge. One's anger must be controlled and one must be very calm and peaceful in one's life.

**C** : Stands for clarity of thought and deed. One should lead a very pure and pious life and not tainted with bribe and black marketing and nepotism. As Swami Vivekananda has said—

**Give me few men and women who are pure and unselfish I will shake the whole world.**

As Justice Pritam Pal said —

**It is character and qualities, not money or high status, that make a man great.**

—Power of thought P. 149

**T** : T indicates truth. One must lead an honest life. The word character sounds like that of Socrates who accepted a

cup of poison but did not forsake truth. Yes, the storms of evil are silenced by the fire of truth. Truth dwells on the uppermost layers of absolute values of life. What you are today is the outcome of yesterday. It is all a habit. A rascal is not an eternal rascal, similarly a prostitute is not an eternal prostitute. If they live in the company of saints they will be transmuted into sages with noble qualities since man is the outcome of genetic and environmental effects. For example, a dacoit Ratnakar transformed himself into saint Valmiki. The truth of Gorky comes out before us clearly when he cries :--

**Not even an ocean of blood can drown the truth.**

**An honest man is the noblest work of God.** –Pope

**E** : It denotes energetic and enterprising. One should be quite energetic and of firm determination for achieving one's motto in life and never bother about failure. The character is the outcome of your thoughts, ideas and ideals. As Hitler has said—

**If you determine to do a thing and your determination is very much firm, it means that half of the thing is done by you.**

I wish to impress that determination should be based upon the true will and just values of life, and untrue justification of your determination does not achieve character for you but it would simply deglorify and spoil your dignity. As Goethe said—

**If courage is gone, then all is gone.**

**In the history of each nation you will always find that only those individuals who have believed in themselves have become great and strong.**

—Swami Vivekananda

**R** : It represents readiness and restlessness of human nature. Thus building up of character is like building up of habits. The changing of the same is the changing of habits.

Thus thoughts lead to action, action leads to habits and habits lead to character. Thus character is the arithmetical sum of habits. Character is the key to the success of life. The individual character becomes the pedestal of social character. The significance of social character is very clear. Thus a man of good character possesses various virtues such as purity, self-control, humility, forgiveness, absence of wrath or crookedness, pride etc. Now I can conclude that character is more significant in our life than health, wealth and material acquisitions of life. As a matter of fact there are three types of characters —

1. Innate (natural) character
2. Inherited character
3. Acquired character

Similarly there are following four main points of sublime character which make any person Great like Rama, Krishna, Swami Dayanand, Swami Vivekanand etc.

1. Purity of life, 2. To face the difficulties with smiling face, 3. Hard life, 4. To perform one's work with dexterity (cleverness). As James Allen said in his book "Mastery of Destiny"—

**Man is the doer of his deeds; as such he is the maker of his own character and as the doer of his deeds and the maker of his character, he is the moulder and shaper of his destiny.**

As O.S. Marden said—

**Not money, not position but power is what we want and character is greater than any occupation or profession.**

—Rising the world.



## 4. CHARITY

**Do good in all the ways you can.  
Do good at all the times you can.  
Do good at all the places you can.  
Do good as long as you can.**

**—John Worley**

It is a well-known fact that every good action involves Charity. For examples, giving a little medicine to the poor sick man, giving water to the thirsty, helping a blind person in crossing the road are all acts of Charity. Similarly, to forget and forgive some harm done to you and to be kind and loving to others etc. are also Charity. Every good action has a chain reaction.

Charity like mercy is doubly blessed; It blesses him who gives and him who receives. It is, as a matter of fact, one of those virtues, which raise human beings to the level of angels. Almost, all the religions of the world have advocated it. Buddha, Christ and Mohammed have repeatedly asked their followers to be Charitable and merciful to the downtrodden, the weak, the aged and the helpless and needy. It is, therefore, said that do not be a taker, be a giver in life. A saint only gives, a thief always takes. The world is full of two kinds of people giver and taker. The taken eats well and giver sleeps well.

Frankly speaking, charity is the desire to be useful to others without any expectation of reward. Cultivate a generous feeling for the welfare of the whole world. It is a sin to hoard money. All wealth belongs to the Almighty. He who lives happily, enjoys eternal happiness. As the Water of Ganga cannot decrease even if thirty people drink it. Similarly, the wealth of a man cannot decrease if it is an act of Charity. One, therefore, should do charity cheerfully, quickly and without hesitation. Never defer it till death.

There are many types of Charities in this World. Firstly, the best form of charity is imparting Education and Wisdom to the needy people. But as education destroys all sorts of miseries and sufferings forever, the main aim of education is to provide the light of knowledge by removing the veil of darkness, ignorance and superstition. The second type of Charity is giving medicine to the sick. The third best type of Charity is giving food to the hungry. The fourth type of Charity is giving financial help to religious and Social Institutions which perform weekly satsangs etc. The Fifth type of Charity is to serve the needy and helpless people with all strength and energy from the very core of body and soul. Do discriminate charity in the beginning, later on, practise indiscriminate charity. When man feels that everybody is a manifestation of the Almighty, it is difficult to discriminate who is good and who is bad.

So much so that some people do charity since they are very anxious to see their names published in the Newspapers with their photographs for fame and name. This is not an act of Charity at all. But it is only pride and ostentation (display). So charity should be done silently. Never advertise and boast. What your right hand does, the left hand should not know; humility is the watchword. Sins can be destroyed by charity. As Christ has aptly remarked—

**Charity coverts (disguises) a multitude of Sins.**

Man comes alone and goes alone naked from this world. But seven following things go with him even after his demise which are enlisted here under :

1. Soul, 2. Subtle Body, 3. Causal Body, 4. Sanskars (impressions) 5. Charity, 6. Character and behaviour, 7. Religion (Dharma)

But it is regrettable to point out that modern man does not pay heed to the development of the spirit of charity, soul etc. and is becoming more and more materialistic day by

day. Actually materialism does not provide to you the real happiness since the same is within you and can be enjoyed by the inner development of a man and by controlling the mind and sexual pleasures. That is why, Swami Vivekanand aptly remarked :—

**Spirituality does not exist in books or in theories or in Philosophies. It is in learning or in reasoning and in actual inner growth.**

We have the story of Harish Chandra which may be described as the last word in Charity. So much so that he sold his spouse and himself to satisfy the demands of a Brahmin. He tried to serve him at the cost of the highest sacrifice that a person is capable of. There is a story of Karna who was willing to part with his last penny for feeding a starving Saint so much so that he used to donate 50 seers gold daily. A Zim Premji who is founder of Vipro Company denoted Rs. 27,514 crores for the development of education of 35000 schools of 8 states. So much so that Warren Bafis who is that the richest man of the world has denotes 31 billion dollar for four foundation (institutions) during his life so far.

Everyman cannot follow the example of Harish Chandra and Karna. But every man can do something in one's own humble way for the development of human society. There are many institutions and helpless persons who need help on humanitarian and moral grounds. For example, what about the Orphans and widows. Feeding an Orphan, sheltering a Widow are the moral duty of every generous person. The helpless and poor will definitely meet a tragic end if they are not helped by humane people. As we know that millions of people are rendered homeless and are passing their lives during the natural calamities like earthquakes, famines etc. It would be nothing short of callousness to abandon them to their fate. As earthquakes took place on 30.09.1993 in Maharashtra in which more than 30,000 persons died in the twinkling of an eye and about fifty

thousand rendered homeless. Thousands of Charitable persons and social Institutions helped them from the core of their hearts and souls; not only from India but from the world at large. They were provided with free food, shelter and medicine by religious and social Institutions and Govt. as well.

It is a well known fact that generally man does not take pains of finding whether the person, getting alms, really deserves it or not. He is likely to give something to even the healthy beggar. It encourages every idler to turn a beggar to have an easy income. We have been practicing this sort of charity in India from time immemorial. Healthy and young people, so much so that most of them waste their money received in Charity in various social evils like gambling, drinking, womanizing, etc. Some of them beg all the day only to spend the sum in buying country made wine in the evening and others take to drugs. Not a few turn gamblers and many of them begin to practice hoarding money. It is, therefore, advisable to give monetary help to only those beggars who are really disabled or diseased. For the remaining the proper place is not the Street or Bazaar but the fields and factories where they are expected to work sincerely for the development of nation and themselves.

In the end, it is sufficient to say in one sentence only that Charity is very essential for the spiritual development of a man. Everyman is expected to donate something to a deserving person or to any religious Social Institution according to one's capacity, not only to his capacity but with open mind and heart and aptitude for the welfare of the needy in the interest of the society in general.



## 5. CIVILIZATION

Civilization means materialistic development of the society but culture means spiritual inner and moral development of the society. A prominent writer said—

**Civilization is an expression of flesh, while culture is the manifestation of soul.**

Actually modern civilization is all vogue (fashion) outside and all vague (unsettled) inside. The dust raised by the running of various vehicles on the roads, enters in eyes, lungs, nose, stomach etc. and produces various kinds of diseases. Man wants money alone and not religion and God. So much so that he takes his breakfast at 9.00 AM and immediately runs to catch first train to attend his office at 10.00 AM. There is no rest. Whole stomach and man's intestines are shaken violently. He has forgotten Nature completely. That is why William Wordsworth said—

**The world is too much with us; late and soon getting and spending.**

**We lay waste our powers, little we see in Nature that is ours.**

Man has learnt devious (erring) ways to cheat others. He uses hypnotism (an artificially induced sleep) to rule others and to molest ladies. He has discovered various kinds of palatable (pleasant to the taste) dishes to satisfy his palate (relish). Hotel has become centre of magic play. You will have all sorts of comforts, hot water tap, cold water tap etc. There is dancing and orchestra play during meals. There are all kinds of materials to excite all senses to their climax to make you forget God and truth completely. There is beauty competition among the various beautiful girls of the world. A

Board of Judges selects Miss Universe and Miss World every year. The various participant girls have to show about 98% bodies naked during these competitions. The winners are given big prizes and they are respected. This is modern civilization.

Modern life has become very short and artificial. There is physical, mental and moral degradation. You do not find robust, stalwart and healthy people. You see pigmy (dwarf) creatures with poor physique and sickly appearance. They cannot walk even a kilometre. They want a vehicle. Children beget children. People die like moths. They have become weaklings (feeble creatures). They have become impotent and weak. How healthy our forefathers were! They had a very long life. They could walk forty kilometres a day. They could swim across a big river during floods even in their old age. They could carry heavy weights. They were strong and stout. They were leading very simple life. They were panivorous (subsisting on bread) and not paneer (General fault finder). They believed in simple living and high thinking. Now everyone wants vitamin extracts and wants to lead easy going life. full of amenities, comforts and luxuries. The wife wants an exclusive servant and a cook. Husband wants a servant to put on his shoes. The child wants an Ayah to look after.

Modern science has provided many amenities, comforts and luxuries to man, electricity does all sorts of work. It pumps water; It lifts us to the top storey. It cooks our food. It carries us to various places. Science has made our travel and communication easy and quick. There are some advantages. But the disadvantages outweigh the advantages. It has made living very costly and luvrious. Man

is more restless now. A luxury of today becomes a want of tomorrow. Every person wants mobile, anternal car, television, a beautiful bungalow whether he can afford them or not. The standard of living has become very high. Officers and clerks do not hesitate to tell lies and take bribes to make both ends meet.

A lawyer or a doctor even if he is starving must purchase a car. Otherwise he cannot get patients or clients. His wife wants lipstick, face powder, silk sarees, perfumes, scents etc. Seats have to be got reserved in cinema houses. Where to go for money. He has to trap (catch) the poor people. He fills up a bottle with water, coloured tinctures and charges heavily. He extorts (to obtain by violence) money by charging too much for injections and home visits. Honesty, sympathy and mercy have fled away from his heart. When the mind is filled with greed, passion and dishonesty, conscience is affected automatically.

A friend greets another friend not with the name of God, no Jai Ram Ji Ki, Nameste but with a packet of cigarettes and a peg of whisky. He says—

**Come along, Mr. A.B.C. Have a smoke, have a drink of whisky, This is modern civilization.**

The USA is one of the richest and most civilized countries in the world. But over sex-indulgence is on the rampant there. More than 90% girls go gravid (pregnant) before their marriages in that country and about 80% unwedded couples are living there under one roof without celebration of their marriages properly known as live-in-relationship. So much so that about 13 lakhs illegal babies are born by unwedded couples there every year. They also demand legalization of unwedded couples but their demand

has been rejected by the Govt. Marriage in same sex has been legalized in many Foreign countries like America, France, Norway, Germany etc. The institution of the solemnization of marriage is on the decline in these countries. We see that most of people deceive one another for the sake of money or sex. Son deceives father and husband deceives wife. Modern man has become self-centered. That is why Swami Vivekananda has aptly remarked—

**Men are ever running after wives, and wealth and fame in this world, sometimes they are hit very hard on the head and they find out what this world really is. No one in this world can really love anything but God. Man finds out that human love is all hallow. Men cannot love though they talk of it. The wife says, she loves her husband, and kisses him; but as soon as he dies the first thing she thinks about the bank account and what she shall do the next day. The husband loves the wife, but when she becomes sick and loses her beauty or becomes haggard (lean and thin) or makes a mistake, he ceases to care for her. All the love of the world is hypocrisy (concealment of true character) and hollowness.**

IV 15

No doubt, money is very essential for living. But it is not the goal of life. One should not worship mammon. Money cannot give peace and bliss. There are buildings in the USA 123 stories high. Each room in each storey is air-conditioned and has up-to-date electronic equipments. But tell me, brother who is superior? He who lives in 123 Storyed building in USA with plenty of aero-planes and cars, with plenty of money, rolling in dollars, worries, anxieties with

plenty of blood pressure and other diseases, with a small-constricted heart, with plenty of ignorance and its modifications even as lust, greed and wrath. Or he who lives in a small grass hut on the banks of the Ganga in Rishikesh, Himalyas with plenty of health, with a large magnanimous (liberal) heart with plenty of divine qualities, with plenty of divine bliss, perennial (lasting for ever) joy, everygreen joy and peace of knowledge of the self without plenty of cares, worries and anxieties and leading spiritual and calm life? As Swami Vivekananda said—

**The whole world is a lunatic asylum, (mad shelter) some are mad after worldly love, some after name, some after fame, some after money, some after salvation and going to heaven. In this big lunatic asylum. I am also mad. I am mad after God. If you are mad after money so am I. I think my madness is after all the best.**

—Vol III P 100

To sum up, to have sky scrapers is not civilization. To have helicopters and aeroplanes is not civilization. To move in Rolls Royce is not civilization. Abundant wealth is not civilization. To be honest, humble, pure and pious living is civilization. To be saintly and compassionate is real civilization. To be endowed with dedication, devotion, wisdom and knowledge is civilization. To have the spirit of service and sacrifice for welfare of the whole of humanity is real civilization. As Swami Vivekananda said—

**It is privilege to serve mankind for this is the worship of God. God is here, in all these human souls. He is the soul of man.**



## 6. CONCENTRATION

**No great work can be done without concentration of individual forces.**

—Swami Vivekanand

**The master of one trade will support a wife and seven children and the master of seven will not support himself.**

—An old Proverb

Concentrate on a flower, in the form of Lord Buddha, on any dream picture, on the picture of any saint or your Ishta Devata. If one collects the dissipated (loose) rays of the mind and focuses them at a point, one will have wonderful concentration. The concentrated mind will serve as a potent searchlight to find out the treasures of the soul and attain the supreme wealth of eternal bliss (happiness). Similarly if one focuses the rays of the sun through a lens, they can burn cotton or a piece of paper, but the scattered rays cannot do this.

Everyman is born to concentrate the mind on God after collecting the mental rays that are dissipated on various objects. That is his important duty. He forgets the duty due to attachment to his family, power, position etc. But only concentration of the mind on God, after purification can give him the happiness, bliss and knowledge since man is born for this purpose only in this world.

Concentration means centering the mind on one single thought. Bhaktas concentrate their mind on their Ishta Devta. Hatha Yogins and Raja Yogins concentrate their mind on the six chakras. Vedantins try to fix the mind on the Atman. It is a great necessity for all aspirants. There are four

following stages of concentration—

1. Attention, 2. Contemplation (Meditation), 3. Abstraction (Absence of mind), 4. Activity in response.

These purify the mind and after doing so, practise concentration since without concentration, mind is useless. A true celibate (unmarried) who has preserved his energy will have wonderful concentration. If one wants to increase his power of concentration, he will have to reduce his worldly activities. It, therefore, is a first class tonic and it is a panacea (universal remedy) for all sorts of diseases. It will infuse spiritual strength, vigour and vitality for attaining versatile development for human life. As Swami Vivekananda said—

**Concentration of the powers of the mind is our only instrument to help us see God.** Vol II P-59

During concentration, the various rays of the mind are collected and focussed on the object of concentration. There should be no tossing of the mind. Only one idea should occupy the mind. The whole energy of the mind is concentrated on that one idea. The senses become still. They do not function. When there is deep concentration there is no consciousness of the body's surroundings.

For example, if one studies a book with deep interest, one does not hear if a man shouts and calls one by one name. He does not see a person who may be standing in front of him. He does not smell the sweet fragrance of flowers that are placed on the table by his side. It is known concentration of mind. The mind is fixed firmly on one's thing at a time. Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus.

We see that most of the people of the world lack concentration of mind due to various attractions and desires like power, position and sex. Moreover, too much sexual

intercourse, too much talking and speaking, too much physical exertion, too much eating, too much mixing with worldly people are really hindrances to concentration of mind. As we know that excess of everything is bad, similarly everything should be done in moderate manner for the concentration of mind. As O.S. Marden said—

**It is the single aim that wins.**

—Rising in the World.

As Shakespeare said in his play “Much Ado About Nothing”

**Sigh no more ladies, sigh no more,  
Men were deceivers ever,  
One foot in sea and one on shore,  
To one thing constant never.**

But Lord Krishna said in the Gita that mind can be controlled and concentrated by constant practice avoiding attachment. He explained :

**Arjuna asked Shri Krishna The mind verily is unyielding restless, turbulent, (retantive) tenacious, (disturbed) strong. Krishna, I deem it as difficult to control as the wind.** Gita 6.34

Lord Krishna replied—

**Doubtless, O mighty-armed, the mind is restless and hard to control, but by persistence, practice and non-attachment O son of Kunti, it can be controlled.** Gita 6.35

Thus the spiritually controlled and concentrated mind can bring real happiness in life. One can hardly experience the divine thrill, ecstasy, (excessive joy), elevation, and exaltation, when the mind is filled with impure thoughts. Every object has its own mental associations one will have to

fill up the mind with spiritual and sublime thoughts. Only then the mind will be free of all worldly thoughts. As Swami Sivananda said in his book “Practical Lesson in Yoga”

**It is concentration and meditation that eventually lead to self realization or God realization.**

In the beginning for novice, (Beginner) the practice of concentration is disgusting and tiring. He is to cut new grooves (channels) in the mind and brain. After some months, he will get deep interest in concentration. he will enjoy a new kind of happiness. He will become restless if he fails to enjoy this new kind of happiness even for a day. The significant point in concentration is to bring the mind to the same point or object again by limiting its movements in a small circle in the beginning. A time will come when the mind will stick to one point. This is the fruit of your constant sadhana. The joy is indescribable.

It is pertinent (important) to mention here that concentration can be had only if man is free from confusion. A person whose mind is filled with passion and all sorts of fantastic desires can hardly concentrate on any object even for a second. His mind will be jumping like a monkey. As James Allen said in his book “Mastery of Destiny”

**Dispersion (Act of scattering) is weakness, Concentration is Power.**

When you sit for prayers and meditation never think of your office work. When you work in the office never think of the child who is sick or of any other household work. When you take bath do not think of games. When you sit for meals, do not think of the pending work of the office. You must train yourself to attend to the work on hand with concentration.

Reduction of wants, desires, celibacy, solitude, silence, seclusion, discipline of senses, dedication and

devotion to the Almighty etc. will pave the way for increasing the power of concentration. Purify the mind first through the persistent practice of right conduct and then take to the practice of concentration. Concentration without purity of mind is useless.

Concentration of mind helps a man in his material progress and prosperity. He will have a very good output of work in his domain. He who practices it will possess very clear mental vision. What was hazy before becomes clear and definite now. What was difficult before becomes easy now. What was complex and confusing before come easily within the mental grasp. One can achieve anything through it. Nothing is impossible to a man who practices regular concentration. We see that various inventions and discoveries were made by various scientists through regular concentration. As James Allen said in his book “Mastery of Destiny.”

**Concentration is vitally necessary to the accomplishment of any task. It is the father of thoroughness and the mother of excellence.**

One thing at a time done well is a rule and movements should not be fretted away

**Work while you work, play while you play;**

**This is the way to be happy and gay**

As Swami Vivekananda said—

**Concentration is the essence of all knowledge;  
nothing can be done without it.** Vol VI P 123

It implies that concentration of mind matters much in life. The secret of success in life lies in it. Actually all the knowledge and wisdom of the libraries of the world are within you, seek and you will find with the unique power of concentration of mind. It is a first class tonic. It will remove all

sorts of diseases. One will be crowned with sanguine (bright) success after some time. Hence by practice of concentration we may march forward from medication to meditation, from rituals to realization, from tension to tranquillity (peace of mind) and so much so that we can become supermen. We can enjoy Nature with concentration of mind i.e. the smiling flowers, the running brooks, the leaping fountains, the sounding waterfalls, the rippling surface of a tranquil lake and the sweet song of bird—all these give us a special message of life. We should have the eyes to see and the ears to hear, the unintelligible language of God, Nature is a store house of knowledge, wisdom and happiness/joy. We can enjoy unique beauty of Nature with concentration of mind, as it provides us happiness, peace and prosperity. As James Allen said in his book “Mastery of Destiny”.

**Concentration is necessary to worldly success, meditation is necessary to spiritual success. The perfection of concentration is power, the perfection of meditation is wisdom.**



## 7. CHOICE OF BOOKS

**A book is a perpetual companion, friends may come and go, but books never desert.**

It is acknowledged on all hands that books are our never failing friends. They stand by us through thick and thin. Even our best friends may desert us in times of adversity, but books never give up our company. Books guide us in times of peace and prosperity and lead us onwards to the way of progress. When the clouds of sorrow overwhelm us, they provide us with the much-needed succour (help) and relief in the form of peace of mind and settlement of conflict. They give us the best advice and guide us how to come out of a difficult situation.

Books have the quality of making man immortal. They provide an unflinching, endless immortal company. It is because great books are written by great men and women who have become immortal through books. There was a time when books were worshipped as being the embodiment of goddess Saraswati. Gone are those days now, not to speak of youngsters even teachers do not read any books apart from those prescribed for courses.

Man is ever hungry, ever thirsty and ever greedy for knowledge. Bread and butter may satisfy his physical hunger, but to satisfy his intellectual hunger, he requires knowledge and this knowledge is embodied in books. But the choice of books has become a difficult problem in these days owing to so many books being published every day. We are now getting drowned in the deluge (great flood) of books and it is the problem of too many books which has brought into prominence the question of choice of books. Readers of mediocre intelligence do not know which book to read and

which to avoid. Modern age is the age of specialization and, therefore, careful choice of books has become necessary for mainly, two reasons.

Firstly, human life is much too short to make it possible for one to read even a small fraction of the books available in the world. Secondly, not all books are worth reading. so much so that there are books which are worse than useless. These are books which should be shunned since they portray passions in lurid colours and thereby undermine the moral tone of the readers. It is essential, therefore, to separate the wheat from the chaff.

Now the question arises how to make the choice. Some people opine that every one should be allowed to study whatever one likes, even bad books. The notion is that by this method of trial and error, he will eventually find his way to good books. But there is some risk inherent in this experiment. For one thing it necessarily entails waste of much valuable time and may create unhealthy influence on the minds and morals of younger immature readers. As O.S. Mardens said—

**Read books that make you more of yourself and believe more in yourself and in others. Beware of books that shake your confidence in your fellowman. Read constructive books that are builders; avoid those that tear down.**

—Self investment P. 114

These are the days of democracy and individualism. Everyone should, therefore, have the freedom even in the choice of books. But until a person has attained some degree of maturity of judgement, this freedom of choice may lead him astray (out of the right path). The safest course at the initial stage for a reader is to obtain the advice of those who can help him or her in making the choice to his best

advantage. Such advice is bound to be in favour of such books as fall under the category of good and useful books. By good useful books it is meant those books which reveal to us the world as a rich treasure house of knowledge, educate the mind and give us pleasure and profit, which serve as beacon-light to us in our voyage through life which will give us strength in our weakness and solace in our moments of sorrow. There is now no dearth of such books in any civilized country.

The highest place must obviously be given to the classics amongst good and useful books, since they have stood the test of time and established their claim to be the best. They contain pearls of wisdom and grains of thoughts. They are of more value than a king's treasure. That is why Francis Bacon aptly said in his essay "Of Studies"

**Some books are to be tasted, others to be swallowed and some few to be chewed and digested.**

Among books as among men, there is a perpetual struggle for existence and the law of survival of the fittest, applies to both. It has been said that there is a recommendation for four things namely old friends, old wine, old wife and old books. As a matter of fact, there are two kinds of books, first books which last for a longtime. For example all the Shakespearean plays, the Bible, the Quoran, the Ramayana etc. are books meant for all times. Similarly, all newspapers, magazines are books meant for few hours. But the classics and books of permanent value have stood their worth by the test of time. Dr. Radha Krishnan has aptly remarked;

**A study of classics gives us a sense of serenity, a knowledge of the tradition which have taken centuries to build on the restless rush of modern life. It is wise for us to renew our acquaintance with**

**the great creation of the human mind and spirit.  
Our classics provide us merit.**

Our next choice should be books on subjects in which we may have a special interest and taste and also those which are of practical value in the particular profession followed by us or in building up of our country. Francis Bacon has aptly said regarding the selection of good books :—

**Reading maketh a full man; conference a ready man and writing an exact man.**

Hence books are the most faithful friends. Our friends may change or die, but our books are always patiently waiting to talk to us and to teach. They are never cross-peevish or unwilling to converse, as our friends sometimes are. No wonder a reader becomes a book lover. Actually a book lover possesses wealth more precious than Gold since Ruskin calls books “King’s Treasures”. But on the contrary, poor indeed is the man who does not read and his life is empty.

To conclude, it is said that the best plan is to select some master minds of the world on a particular subject and then to read. Their work study and digest some of these masterpieces since life is short and art is long. That way lies wisdom, not in a haphazard (random) selection of books and halfhearted study of them. As O.S. Mardern said—

**Read, read, read all you can. But never read a bad book or a poor book. Life is too short, time is too precious to spend it in reading anything but the best.**

—Self investment P. 115



## 8. CHOICE OF PROFESSION

**I will walk with a perfect heart,  
Love has cast out fear;  
I will walk with a perfect hear,  
joy has dried tear.  
I declare it perfect freedom.  
for the truth has made me force.**

As O.S. Mardern said :

**Everybody knows that determined man is not likely to fail. They carry in their very pluck, (Heart), grit firmness of Mind and determination the conviction and assurance of success.**

—Getting On

Aim is a strong desire to achieve something. It is desire to be successful, famous, rich etc. A person without aim in life is like a boat without a rudder (a vertical piece of wood). He has no destination. He does not have any urge to make a start. He reaches no-where. Everyone, therefore, should have an aim in life. An ideal person always tries to achieve his aim. Aspiring for great things in life is a known tendency. The youth of today wants to climb the great heights of success. We dream for the stars. We will at last reach the moon.

The choice of profession is a universal problem. All young persons are perplexed by it. As a matter of fact, choosing a profession is not an easy task. As O.S. Mardern said—

**It is astonishing how many people are there who have definite aim or ambition, but just exist from one day to another, without well defined life plan.**

—Self Investment P. 87

Professions these days are becoming really highly professional. Professions there are in the world and many have great attraction for young men. For instance, there are the legal, medical, engineering professions etc. But everyone cannot shine in every profession. Hence there is no escape from the choice of a profession.

The choice of a profession is a difficult task since the whole of the future, happiness and prosperity of an individual depends on it. A young man should be extremely (utmost) careful in the choice of a profession. There are several professions open to an intelligent person. Without hard work and intelligence no success is possible in any profession. As O.S. Mardern said—

**Most of the ambitionless people who fail are too lazy to succeed one must keep the ambition lamp even trimmed and burning brightly.**

—Self Investment

Life is not aimless. Life without aim is a ship without a rudder. Everyone in this world, rich or poor, should have a definite aim in life. Many people seem to have no definite aim in life. Such persons are washed about by the ebb and flow of tides. They are tossed to and fro by circumstances. They complain of hard time and blame their fate. No wonder that they cut a sorry figure in the battle of life. Bacon in his essay “of Ambition” aptly remarked—

**Ambition is life choler (anger) which is a humor that market men active, earnest full of alacrity (animating) and stirring (cheerfulness).**

Different people have different aims in life. Aims differ as names differ. The nature of aim varies from person to person. It depends upon one’s family background,

upbringing, social status, economic condition and aptitude etc. Some aim at wealth, some aim at power, some aim at fame, some at scholarship of the profession and knowledge. On the other hand, there are persons who are singularly devoid of any ambition.

**My mind to me a kingdom is** —Milton.

Wealth, power and fame are different magnets, which attract every human heart. But these are selfish ideals.

Man does not live for himself alone. He lives for the good of the others as well as of himself. A selfish life of self-enjoyment is a worthless life of dogs and crows. I worship neither wealth nor fame. It is necessary that one's aim in life should be sublime and noble. Education is necessary for the same. As O.S. Mordern said—

**It takes honest work to make an honest character.**

—Do It To A Finish.

There are many factors, which should determine this choice. The first and foremost is a young man's taste and aptitude. One who is made to follow a profession for which he has no taste or liking is likely to find himself a misfit therein. He will be a square peg in a round hole as the expression goes. One who has a taste for music is likely to shape well as a musician rather than as a lawyer. Aptitude, therefore, is an important factor in the choice of a profession.

Another determining factor is talent. A meritorious (deserving) young man goes in for eminent profession. But there again, a careful choice has to be made. For instance, if he has an argumentative brain, imagination and the gift of the gab but no head for mathematics, he is more likely to make a successful lawyer than an engineer.

A third consideration is the financial resources of young man's family. He may have the aptitude for a particular profession, he may have the talents for it, but if his father or guardian cannot afford to pay for his education or training in that line, it is no use of his thinking of joining that profession.

Service to humanity is the humble and honest ambition of my life. I have no lust and lure for money, no attraction for politics, law and army and no brain for business. If I am given a chance to choose my own aim or profession. I shall give my vote to the teaching profession. A teacher is a great nation builder. An ideal teacher is a king of himself but master of mankind. His motto is—

**Dedication to truth, respect, progress and prosperity.**

—Swami Vivekananda

I would look up at teaching not as a profession but as a mission. I would, of course, like to be a village school master. It is the poor, illiterate villagers who need some guiding star to lead them to proper path of progress. India today is a free democratic, sovereign, independent, secular republic. All adults, whether rich or poor, literate or illiterate, have been given the right of voting. For the success of democracy, education is so essential. As O.S. Madern said—

**Honesty means integrity in everything. It not only means reliability in your word, but also carefulness, accuracy, honesty in your work.**

—Do it to a finish.

I will, therefore, carry the torch of light and learning to every heart and home. I shall advise the villagers to avoid litigation, drinking, false beliefs, narrow ideals and cultivate

patriotic feeling, spirit of cooperation, sense of duty, discipline and decorum (etiquette). Real India lives in her villages-villagers are the backbone of our society. I will, therefore, spare no pains to dispel (remove) ignorance and superstitions and all other social evils which are eating into the vitals (essentials) of our society. I know that financially I will be a loser but blessings of my people will be my best treasure more precious than handful silver, gold or pearls etc. He who lives and dies for others, never dies. Service to fellow men is the loftiest and newest ideal as Swami Vivekananda has expressed—

**Service of suffering humanity is true worship of God.**



## 9. DEATH

**Death is immanent (essential). No material things will go with you when you die. Earning money by honest means and being content, calm, pious, honest, truthful and helpful paves (to make easier smooth) the way for a better future life.**

Death is certainly guaranteed, definite and inevitable in this cosmos (systematic whole) of ours. But it is regrettable to point out that man is afraid of death. He does not want to die and wants to live forever. As a matter of fact, he cannot die since he was never born. He has a perishable body but immortal soul. Birth and death are two false faces in the unreal drama of Maya. They concern the physical sheath (cover) only, a false product formed by the combination of the five elements viz. earth, water, fire, air and ether. Thus birth means combination of these five great elements and death means their dissolution with the grace of God. It shows that ideas of birth and death are mere superstitions born out of ignorance.

Death is separation of the soul from the physical body. It becomes the starting point of a new life. It does not end one's personality and self-consciousness. It simply opens the gate to another form of life. It is a door opening from one aspect of life to another, the change of outer cover.

Death is not the end of life. It is simply an aspect of life. It is natural incident in the course of life. It is essential for the evolution of man. As there is an inner bladder within the football, similarly there is a subtle body in the gross body of mass. It is the subtle body that goes to some other world.

Udana Vogu is the vehicle of transport for all pranas. It helps swallowing of food. It takes man to Brahman during profound slumber (sound sleep).

Behind the physical sheath, which is made of the essence of food, there is the vital sheath, which is formed by the vital airs. It manipulates (to handle with skill) the physical body and fills the whole physical sheath (cover) with Pranas. It is the link between the astral and physical bodies. When the slender thread of prana is cut off, the astral (starry) body separates itself from the physical body and death occurs. It implies that the prana that was working in the physical body is withdrawn into the astral body.

According to Yaga, Man's life is constituted of limited breaths. The number of respirations per minute is fifteen. If a man can reduce the number through Khechari Mudra, then man can prolong his span of life so much as Chang Dev, who was a great Yogi lived for 1400 years through the practice of Kumbhaka but he was also to die in the end.

Frankly speaking, dissolution of the body is no more than sleep just as man sleeps and wakes up, so is death and birth. Death brings promotion to many for a better life, Solon (wire) and salvation. One should, therefore, be not afraid of death. To him, it is no longer a skeleton being a sword to cut the thread of life, but rather an angel who has a golden key to unlock for him the door for wider and happier life in the next birth.

There is demise for the physical body only, which is a compound of five elements but not for immortal soul, which is really beyond time, space and causation. As lord Krishan has said in the Geeta :

**Just as an individual forsaking delapidated raiment dons new clothes so the body-encased soul relinquishing decayed body habitates others that are new.**

—Geeta 2.22

Lord Krishna further asserts the immortality of soul and not of body.

**No weapon can pierce the soul, no fire can burn it, no water can moist it, nor can any wind wither it.**

—Geeta 2.23

But it is very difficult to see the signs of death, stoppage of heart beat, pulse respiration and absence of life in the body. These are not real signs of death. The doctor tries to find out whether there is corneal reflex in the eyes. Moreover, he tries to bend the leg. All these signs are not the actual signs of death since there are many examples where there were cessation of breathing and beating of heart and yet the man rises after sometime. Hence it is very difficult to opine what would be the final sign of demise. But it suffices to say that the decomposition may be the final sign of death.

As soon as a man dies, he carries with him the permanent *linga-sarira* which is made up of 5 *Jnana indriyas*, 5 *Karma indriyas*, 5 *pranas*, mind, *Buddhi*, *Chitta* and *Ahankara* and the changing *Karmesraya* which determines the formation of the next life. The soul contracts and withdraws from all the senses. The physical senses become dimmer and dimmer just as the flame in a lamp becomes dimmer and dimmer when the oil is nearly exhausted. In this way, the subtle body turns out of the physical body like a mist. The soul has a vision of the body to come. Just as a leech (physician) takes hold of another object before it

leaves its hold of one object, the soul visualizes the body to come before it leaves the present body.

There is no pain at the time of death. Ignorant people have created horror and terror regarding it. So much so that it has destroyed the present happiness and efficiency of man. It has made more men cowards more failure prone, fear of death kills effort and stultifies (to make useless) endeavor (effort). Never be afraid of death pangs since man possesses immortal soul. That is why Walt Whiteman aptly writes—

**Nothing can happen more beautiful than death.**

The departed soul remains in the state of swoon soon after death. It cannot feel that it is detached from its previous gross material body, prayer, kirtan and reading of the Geeta etc. by relatives and friends can give real solace and satisfaction to the departed soul. It creates a patient vibration and an awakening in his stupefied condition of mind and brings back his veiled consciousness. The soul begins to realize that it is not really in its gross material body. The last thought of a man determines his future birth. The last thought of a greedy money lender will be that of his money, similarly the last thought of a drunkard will be that of his peg of wine etc.

It is very difficult to keep up good consciousness at the time of demise, when diseases torment the human body. But for that man who has controlled and disciplined his mind throughout his life, who has clear conscious and pure mind throughout his life and devotes his mind on God through constant practice and perse verance will be easy to keep up good. In this case conscious last thought will be the thought of God only. It cannot come by a stray practice of a few days. But it is a life long endeavour. Death is painful to worldly man.

A yogi or a saint has no fear of death. A desireless man never weeps when he dies. That is why Shakespeare has aptly opined :

**No longer mourn me when I am dead.**

Man's highest and noblest duty is to prepare for peaceful life hereafter. Conquering fear of death is the highest utility of all spiritual Sadhana. The gist of all Yoga Sadhana is to meet death fearlessly and joyfully. As Kahlil Gibran said—

**Death is the golden key that opens the palace of eternity.**



## 10. GOD

**GOD's might to direct me  
GOD's power to protect me  
GOD's wisdom for learning  
GOD's ear for my hearing.**

**One impulse from a normal word  
May teach you more of man,  
Of moral evil and of good  
Than all the sages can.**

—Wordsworth

God is a moot point (riddle) for man. That is why some are theists; some atheists and others are agnostics (persons who are silent about the existence of God). Now let us see the reality. Some people are of the opinion that he is formless and they believe in oneness of God and they argue that he is omnipotent and omnipresent. He is above everything and you see him in everything. On the other hand, some people believe that the Almighty possesses form and shape and he may be visible through Bhakti. So much so that there are some people who do not believe in his existence and they believe in Nature. Some are agnostics, to them he is a riddle, which is difficult to solve.

Many are the names and infinite forms of Him through which he may be approached. He has form and yet is formless. In this connection, it is remembered that once a saint went to a temple. He looked at the holy image and debated within himself whether God has a form or not. He realized that God has both form and is formless. The literal

meaning of God i.e. G-stands for Generator, O-stands for Operator and D-stands for Destructor. In Sanskrit we will call Brahma, Vishnu and Mahesh.

All human beings come from God and go back to Him. All of us are the sons of God. Meditation on the real form of God is not actually possible. Our eyes, mind and intellect have no direct experience of the Almighty. Whatever meditation is practised is based only on inference (deduction). He is one substance standing by himself, indivisible and is inconceivable. When all the thoughts are wholly renounced, it is then that the hidden store of inconceivable (that can not be imagined) Brahma reveals itself. He is boundless, unlimited, self-conscious, the knower, compact, embodiment of bliss, happiness, truth and eternal. When he is realized, man gets over the miseries and maladies of life. Jesus said—

**I came forth from the Father and came into the world; again I leave the world and go to the Father.**

Hindus call him “ESHWER”. Christians call Him “God”, Muslims call Him “ALLAH” and Sikhs describe Him as “VAHIGURU”. There are many ghats on a lake, the Hindus take water at a particular place and call it ‘JAL’; the English at a second place, call it “WATER”, Muslims at another place as “PANI”. Thus same is the case with the Almighty and the people remember Him in different manners owing to different sects and conventions of the society. Kabir, Gurunanak and others call him as “NIRANKAR”.

Some who believe that God has form they worship Him. They worship Kali, Shakti, Durga etc. They go to religious places to worship Him. These places are a way to

attain the Almighty. Thus religion raises the brute into man and man unto the Almighty. Man is an infinite circle whose circumference is nowhere but center is at a special spot. On the other hand, God is an infinite Circle whose circumference is nowhere but whose centre is Omnipresent. Sants like Tulsi Dass and Sur Dass denote Him as “SAKAR”; They, therefore, are true votaries (devotees) of Rama and Krishna respectively.

A tendency has prevailed both in the East and in the West to regard God men as incarnations of Him. Buddha and Jesus have all been treated as special manifestations of the Almighty. But Rama and Krishna can never be God. They were really great men like Swami Vivekanand, Guru Govind Singh, Swami Dayanand. It is all due to their great virtues and qualities that they became great men of the world. The Mahabhartas says—

**In joy and sorrow, in pleasure and pain one should act towards others as one would have them act toward oneself. The trees bear fruit, the rivers carry water, the cow gives milk and good men live for good of others.**

Any one of us can be great by performing great deeds for the welfare of the humanity. Great men are those who build highways for others with their heart's blood. If one possesses profoundly (deeply) pure and pious character, one is equal to god and he can easily shake the world. It is, therefore, good character that pays everywhere and not pelf, (money), purse and position which can make you a god from man. But god can never be a God. The Buddha says—

**Greater than the sacrifices of animals is the sacrifice of the self.**

Those who do not believe in the very existence of God they really believe in Him. All the great writers like Russell, Huxley, Lala Hardial, Nehru believed in Nature and not in God. So much so that Huxley used to say—

**If there is God, please bring Him, I will verify Him, test Him in Laboratory and then I will start to believe that here is God.**

So often, atheists and believers argue over the reality of God, each side sticking to its own level of awareness and believing that the other is wrong.

But to me, God is neither a thing nor a person to be argued or debated about. God is an experience that can be felt only in a certain state of mind, a state that is thoughtless and beyond intellect. God is an experience of intuitive existence. It is a feeling of bondless freedom, limitless vastness, unbroken time. For gaining this experience, the analytical mind is an obstruction, individuality a limitation and intellectual arguments only a source of confusion. The ultimate reality is unknowable and beyond description. One can only feel it when the ego is detached from the self. Those who have experienced it are convinced beyond doubt. It is futile (useless) to argue on grounds of rationality since this experience is beyond the domain of intellect.

The effort to explain this experience is seldom fully successful. Personalisation of God is a convenience devised to heighten the emotional connection to enable the experience at the level of feelings. It is an effort to present the infinite in finite terms. Surrender to the infinite is inevitable when one faces the vastness of reality in relation to oneself. Anybody with an interest in astronomy gets a feeling of this infinite existence. Self-confidence arises by association of oneness with the vast reality, but arrogance (presumption) of individuality is an expression of ego.

Those who have experienced the reality are as humble as the saints. Those who claim to conquer the world, travel to the grave on the shoulders of others. No star is bigger than the galaxy, no galaxy is bigger than the universe. Intellect provides information but intuitive experience has a significance of its own. There is no point mixing the two.

See various objects of Natural beauty, wonderful movements of meteors and various planets in the universe. The growth of trees, smiling beautiful flowers, the running brooks, leaping fountains, resounding cataracts (a great foil of water), the rippling surface of a tranquil lake and the sweet songs of beautiful birds, jumping and unique sounds of various animals special creation of humanity possessing different faces, minds, brains tastes and temperaments are really the creation of God with his great art; all these have a special message of life to give us from God and are his symbols of proof of his existence in this cosmos. So much so that we would have the eyes to see and the ears to hear the unintelligible language of the Almighty. Thus Nature is a storehouse of knowledge, wisdom and experience etc. That is why Newton said in his book "Prince pie".

**All this material universe is the handiwork of one omniscient and omnipotent creator.**

Now let us see where the fact lies. After studying the Gita, I jumped to the conclusion that God is "Satchit Anand" i.e. (Truth, knowledge and bliss). We find in this immortal book that there is soul and Nature and soul has three unique qualities. Sat (Truth) and Chit (Knowledge) and Anand (Bliss). Thus veering round to the view, it is proved mathematically for the satisfaction of all the atheists of this planet that there is no difference between God, Nature and Bliss. Really God is bliss. All the atheists of this world are

solicited (requested) to study and scrutinize the works of Swami Dayananda, Swami Vivekananda and Shivananda to know the exact essence of Him. As Bible says—

**Come unto me that are heavy laden and I shall give you rest.**

As Swami Yogananda said in the books “Seek God now”

**Nothing is greater than God; in-difference to Him is the highest sin.**

First have faith in oneself and then in Him. If one has faith in all the three hundred and thirty millions of mythological gods and still has no faith in one self, there is no satisfaction or salvation for that man. The history of the World is the history of a few men who had faith in themselves. That faith calls out the divinity within. One can do whatever one likes; one fails only when one cannot strive sufficiently. As Shri Rama Krishna said—

**God cannot be realized if there is the slightest attachment of the things of world.**

As Ruskin said—

**God gives us always strength enough and sense enough for everything he wants us to do.**

Similarly Smt. Shalini Mehta said—

**My relation with God is permanent. God is providing me all strength, guidance and patience.**

—God loves you P-27.

Whatever one thinks one becomes. If one thinks oneself weak, weak one will be and if one thinks oneself strong, strong one will be. Thus strength is life, weakness is death and to achieve success in life tremendous tolerance and will power is needed which generally common man lacks. Hence it is said in “New Testament”.

**God is love, and he that dwells in love dwells in God and God in him.**

Smt. Shalini Mehta has written —

**God comes first, first in form, first in investment, first in religion, first in self and first in time.**

—God comes first

God does not come where shame, hatred and fear exist. Shame means bad feeling and uncomfortable feeling to cause comparison to seem not to be of high standard. Hatred is a strong feeling of dislikes and discontentment towards someone or something and fear is an unpleasant emotion when one is frightened or worried by something dangerous. But when one surrenders to the Almighty in totality, He will then take care of all his problems and He wants us to live a blissful life, which is, free from tension. All the human beings are the children of God and as parents want to see his children happy and healthy, similarly, he wants so. We, therefore, should not worry about shame, hatred and fear for development of the soul and God realization. As Bible says—

**Trust in Lord with all your heart.**

As Shri Rama Krishana said—

**It is faith in the name of the Lord that works wonders; faith is life and doubt is death.**

As Shalini Mehta has written—

**Our thoughts make our words, our words make our attitude, our attitude makes our character, and ultimately it is character, which makes our destiny. And the ultimate destiny of everyone's life is God alone and not material things we attach ourselves to.**

—Full dependence Leads to Joy

We cannot feel the power of the Almighty owing to lack of knowledge and light. Infinite library of knowledge is within you, seek and you will surely find and feel the same. As one can not see soul, mind and air but one can feel their powers, same is true in case of the Almighty.

God exists in the Cosmos. He is your creator, Saviour and redeemer (one who buys back) as well. He lives in your heart and can also talk to you. But one can find Him with meditation, experience and realization. As Swami Yogananda said in his book “The Law of Success”.

**He is the wisest who seeks God, He is the most successful who has found God.**

Frankly speaking, Nature is insentient (lifeless). It can't order itself. It requires the existence of an intelligent being i.e. God so much so that Einstein was convinced at creation of the universe by a Supreme intelligence.

God is everywhere, just as one thread penetrates (pieces) all the flowers in a garland. Similarly, self penetrates all these living things; he is hidden in all beings and forms like butter in milk, oil in seed, mind in brain, prana in the body, faetus in womb, sun behind the clouds, vapour in atmosphere, salt in the water, fire in wood, gold in quartz etc. Thus every flower that wafts fragrance, every fruit that attracts you, every gentle breeze that blows, every river that flows speak of God and His generosity. We, therefore, see the wonders of God's face in every object of this universe. As a writer has written—

**The more we see of beauty everywhere, in Nature, in life, in man and child, in work and rest in the outward and inward, more we see of God.**

As a poet said—

**Thou art the Lord Supreme  
Thou art indeed the Vedas.**

**Thou art the truth  
Thou art the goal  
of all arts, discipline.**

Now the question arises how God may be realized and the same may be realized through faith, purity, devotion/dedication and determination. But it is not possible to serve God and Mammon together. Simultaneously, one can never enjoy the bliss of the self and the sensual pleasure; light and darkness at the same time. If one wants to realize Him, one should reduce oneself to zero before Him, only then will one realize the Almighty completely. Take care of him. When a person surrenders oneself completely before Him, God showers his mercy on him. As a poet said—

**No one can know Him  
No one can define Him  
No one can see Him  
But only true devotee can feel Him.**

Hence it is suffice to say in one sentence only that one will be filled with God by emptying one's egoism. God is all blissful, formless, just, merciful omniscient eternal and pure creator of this universe. God meets and speaks in seclusion and silence. God is, therefore, a great artist and this world is His masterpiece. As a poet has written. Four blessed ways of Living are —

- 1. Look back and thank God.**
- 2. Look ahead and trust God.**
- 3. Look around and serve God.**
- 4. Look within and find God.**



# 11. HAPPINESS

**He who is contented and calm is happy**

—Swami Vivakananda

**Happy the man whose wish and care,  
A few paternal acres bound,  
content to breathe his native air,  
and till his own ground.**

—Alexander Pope

Happiness is not the monopoly of the rich since one cannot purchase it with money. Money can give you everything except happiness. Fountain of happiness is inside you, do not make futile efforts to search it outside. Happiness does not come from fulfillment of desires but from the cessation (ceasing) of desires. A poor man can be happier than the rich; matter of fact, his chances of happiness are greater. To quote Bible—

**Blessed are the poor for there is the Kingdom of Heaven. It is easier for a needle than for a rich man to enter into the kingdom of Heaven.**

A poor man should thus be happier because his chances of going to heaven are pretty high. Happiness does not exist in riches and wealth which one may have. It is not available from position and powers. It is neither available by living in luxurious house and by enjoying in hotels etc. Happiness attained from these sources is short-lived and not ever-lasting. Since it is spiritual and not conditional, it is within us and we, therefore, should recognize and maintain it. Because I am peaceful and I want peace and happiness. No body can provide you happiness but you yourself feel happiness since it is internal.

Actually, happiness is not something easy made. It comes from our own actions. It is not the destination but a journey, it is a feeling and worldly pleasures do not give happiness. If we desire to blossom like a rose in the garden; then we must learn the art of adjusting with the thorns. We also must not take life too seriously. We must always find time for laughter, because it adds years to life. Actually life is all about three things—winning, losing and sharing : Winning others heart, losing bad things and sharing happy moments. Follow recipe (a medical prescription) for happiness—

C.D.E. Formula i.e. 1. C means do not complain, 2. D means do not depend and 3. E means do not expect, Moreover, there are following six principles to remain happy in life.

1. Free your heart from hatred, 2. Free your mind from worry, 3. Live simply, 4. Expect little, 5. Give more, 6. Always have God as your friend.

It is very essential for a poor person to remain happy. He should never be afraid of public opinion. One may attain the highest position or the lowest position; some people, will criticize it and some will admire it. There is no man born on the earth who is praised or criticized by all people so one who tries to please all can never succeed. Thus one must be very happy and our success should be measured by the yardstick of happiness and not by the yardstick of money as generally people do. One should, therefore, sing like Mr. Robert Browning without caring for the bugbear (a false terror) of public opinion.

**God is in His heaven—  
All is right with the world**

—Pippa's Song

It is stated that chief causes of unhappiness are

limitless desires, ignorance, envy, competition, sense of sin, boredom. As a matter of fact modern man has learnt to walk on the Moon and reached Mars. He is at the pinnacle (Turret) of glory, yet is not happy. Progress has given problems and peace of mind is casualty. There is stress and strain all around. But on the contrary chief causes of happiness are control of desires, satisfaction, affection, zest, interesting work, impersonal interests etc. Most of the people are not really happy due to foolish desires and ignorance. As Bertrand Russell said—

**Only an exceptional man can achieve happiness.**

—The Conquest of Happiness. P-186

Much of the misery from which we suffer is of our making. We can make heaven of hell and hell of heaven. A discontented person can never be happy even if he gets a place in paradise (heaven). A man who calmly accepts the terms of life, does everything with zest and never feels gloomy (darky). A poor man should not burn with the flame of jealousy, envy and despair. Happiness can never be attained by comparing ourselves with our superiors. It can be easily attained by comparing with our inferiors. There was a Persian poet Shekh Sadi who suffered from acute depression (hollow) and despondency (defection of spirit) owing to lack of the pair of shoes to put on. Once he made for the mosque to say his prayer, he met a person who had no feet. He said—

**God be thanked for, though I have no pair of shoes,  
I have feet.**

A Swami Vivekananda said—

**Only the man who is lord of his mind can become  
happy and none else.**

Thus one must be smug (self satisfied), but not scag (spirit less) since contentment is a panacea (universal remedy) for all worries. One should, therefore, sing like a poet—

**Some have too much, yet still they crave.**

**I little have and seek no more.**

**They are poor though much they have.**

**I am rich with little to store.**

As O.S. Marden said—

**The secret of happiness is a cheerful contented mind. He is poor who is dissatisfied; he is rich who is contented with what has and can enjoy.**

—Self-Investment

A poor man can increase greatly his chances of happiness by leading an independent life. One should not be a parasite (toady) on others. There is nothing like perfect liberty. One should cut one's coat according to one's cloth lest one should involve oneself in debt and should never go in for beyond one's limited means. One must lay by something for a rainy day and cut his coat according to his cloth. As there is a saying—

**Knowledge remembered is knowledge learned.**

**Money saved is money earned.**

The proletariat (the poorest laboring class) leader should always try to gather around him a number of loyal and faithful friends with whom he can share his happiness and sorrow. A true friend like Horsham or Anatomic is a far better possession than a treasure of Gold. He controls us gently when we sink into deep despair, and softens our hearts and shows us the silver lining in the dark cloud.

A happy man should, cultivate some hobby in order to keep himself interested in life. One who is interested in painting or singing can never feel that life is dull. While he is absorbed in his favorite pursuit, he would enjoy the task he is accomplishing. A great singer or a painter never cares whether he has or has not money since material consideration has no value in his eyes. As Swami Yogenanda said in his book "Seek God Now".

**Happiness lies in making others happy, in forsaking self-interest to bring joy to others. If each one would do that then everyone would be happy.**

Bertrand Russell also said—

**If you wish to be happy yourself, you must yourself seeing to others also happy.**

—Bertrand Russel's Best P-143

One must be optimistic to be happy in life. One who is a pessimist can never be happy. An optimist can always be happy and can sing like Mr. Longfellow in the optimistic way—

**Life is real, life is earnest  
And the grave is not its goal,  
Dust thou art to dust return  
was not spoken of the soul**

One must be a man of virtuous zeal to enjoy the sweet honey of ecstasy (excessive joy). One should do that one's action in good faith rather than in vengeance. (Revenge) Virtue is twice blessed, it blesses the giver as well as the receiver. A gentle and generous man enjoys the God-given-gift of peace of mind where as an avaricious (greedy) person lacks it and he, therefore, can never be happy as Butler has said—

**Virtue must be the happiness and vice the misery of every creature.**

As a matter of fact, idleness is the root cause of all evil. Idle people do not live, they merely exist. As rust is to iron so idleness is to mind since an idle brain is a devil's workshop. Thus happiness does not necessarily depend either on the acquisition of a material object or the achievement of success in a particular field of activity. It comes of its own from deep absorption.

Sensual pleasure is tantalizing (tormenting). There is enchantment so long as man does not possess the objects. The moment he is in possession of the object, the charm vanishes. He feels that he is in entanglement. For example, the bachelor thinks of his marriage. He finds that he is in imprisonment after the marriage since he cannot satisfy the extravagant wants of his wife. Similarly, the rich but childless man opines that he will be happier by getting a son. He, therefore, worries himself daily to get a son. So much so, that he goes on pilgrimage to perform various religious ceremonies. As soon as he gets a child, he feels miserable, the child suffers from a dangerous disease and his money is given away to doctor.

A floppy fellow (rich person) who possesses great wealth is not happy as he has no children and also suffers from some disease. A poor man has twelve children, but has nothing to eat and he, therefore is miserable. One man has wealth and children, but all of them are vagabonds (worthless fellows) and rogues (Rascals) and so he worries. One has riches and good sons, but his spouse (wife) is fiery and ill tempered. Thus no one is happy in this world.

Frankly speaking, pleasure is mixed with pain. One cannot have absolute happiness in the pairs of opposites. The pairs of opposites rotate in their turn. As death follows

life, light follows darkness. Similarly pain follows pleasure. Actually, pleasure and pain are relative terms only. They are not two entities.

As a matter of fact, there are four main sources of happiness body, mind, money and spirit—

1. Physical happiness is achieved by taking simple and balanced diet for proper maintenance of health.
2. Material happiness is achieved by earning one's livelihood by honest and hard means.
3. Mental happiness is attained by contentment while studying scriptures and attending satsang of great saints.

As Swami Shivananda said in his book "Mind its mysteries and Control".

**Concentration of the mind on God after purification can give you real happiness.**

4. Spiritual happiness is attained by love, charity and selfless service to the poor helpless people, self-realization and meditation.

O.S. Marden has remarked—

**Cheerful Thinking promotes happiness.**

—The Conquest of Worry

In fact, happiness is nothing, but it is a relevant state of mind which differs from man to man according to one's tastes, temperaments and circumstances. It is an attitude of the mind which exists within mind itself. So always maintain equanimity (evenness of mind) of mind under all circumstances. Bertrand Russell said—

**Continuity of purpose is one of the most essential ingredients (parts) of happiness in the long run**

**and for most men this comes chiefly through their work.**

—The Conquest of Happiness P. 160

Pleasure and pain tie in the mind. What is pleasure for a man is pain for another man, The first two cups of milk give you pleasure and milk does not give pleasure during fever. It shows that pleasure is not in the object but in the inclination of mind. Thus pleasure and pains, beauty and ugliness are all false images of the mind. One, therefore, should give up all sensual pleasures if one does not want pain since the fewer one wants, the greater the happiness.

There is no happiness at all in any of the objects in the world. There is not an iota (particle) of happiness in objects since they are insentient (lifeless). Even the sensual pleasure is a reflection of the spiritual bliss only. It is sheer ignorance to think that one derives any pleasure from the sensual objects.

As a matter of fact, real happiness is within you. The musk is in the navel of the deer, but it runs here and there in search of it. Similarly the precious diamond is within you, but you run after the ocean of bliss and fountain of happiness; and merriment is within you and yet, you run here and there in search of it. O man! be contented with your present lot. Live where you may, but discipline the mind and the senses. Meditate on the inner self there you will find external (relevant) tranquillity (peace of mind) and peace. Mind will stop deceiving you then. As Swami Yogananda said in his book “Seek God Now”—

**Without spirituality there cannot be happiness either national or individual and happiness must start with the individual. God communion is the only answer to all problems, whether they be physical, financial, matrimonial, moral or spiritual. Happiness comes by feeling that you are one with God.**

Spiritual bliss is the highest bliss. It is the bliss of soul transcendental, continuous and eternal and the same is enjoyed by saints only. Whereas sensual pleasure comes out of emotion, but bliss of the soul is of self-delight.

Pleasure is temporary and fleeting. Bliss is internal and everlasting. Pleasure is mixed with pain. Bliss is pure happiness. Pleasure depends upon nerves, mind and objects. Bliss is independent. There is no opposite word of bliss in the dictionary since it means eternal happiness. Thus happiness is more important than pleasure. As Swami Yogananda said in his book “The Law of Success”—

**Success should, therefore, be measured by the yardstick of your ability to remain in peaceful harmony with cosmic laws. Success is not rightly measured by the worldly standards of wealth, prestige and power.**

As a matter of fact, he is the happiest man of this world who has minimized his desires. As Budha said—

**We are unhappy due to foolish desires, which can never be fulfilled. True victory is over the mind that is real freedom. Thorough rigorous discipline and self-imposed restrictions will eventually eradicate all desires and passions.**

As Swami Shivananda said in his book, “Sure ways for success in Life and God realization”—

**There is no greater gain than contentment. A man who is fully endowed with this important virtue is the richest man in all the three worlds. The peace that he enjoys cannot be adequately described in words. He is a mighty emperor on this earth.**

To conclude, it would suffice to say that wealth can provide you every type of comforts and luxuries but not real

happiness. Now the question arises who is happy? A real saint who has controlled his mind is happy and not fluffy fellow (rich people) when possesses heaps of wealth. It is said that when you laugh, you are praying to God but when you make others laugh God Himself prays for you. So be happy and be the reason for other's happiness. As Franklin said—

**The nature of wealth is not such that can only give happiness to you, but, when you use your wealth for the welfare of others, it gives you real happiness.**

Hence happiness is the attitude of mind and way of thinking. It is nothing outward but lies within the mind and can be maintained by self help. It is, therefore, requested to all human beings of the world to live to utter the following words before sleeping—

**Day by day and in every way, I am getting better in every way.**



## 12. HEALTH

**He who has health, has hope, and who has hope has everything.**

—Arabian proverb.

Health, Wealth, Happiness and Satisfaction are inter-related. Health is beauty and beauty is health. It is a thing, which is enjoyed forever. Blessed is he who enjoys a robust health. The most precious possession of a person is his health. A healthy person is always happy and handsome. Health is not only wealth but bliss and a success buzzing (Humming) with prosperity. A strongman can make his life easy by earning his own livelihood. World Health Organization, therefore, defined health as under —

**Health is a state of complete physical, mental, social and financial well being of an individual and not merely absence of disease or infirmity.**

All the worldly pleasures, possessions and pelf (money) are pleasurable only if one enjoys a sound health. On the other hand, a diseased person looks sad and disappointed all the time. His life is burden-some and boring not only to himself but to his attendants also. He can enjoy no peace of mind which is a God-given-gift to a healthy person. Sickness sucks the blood and vitality (principle of animation) of a person to such an extent that he becomes only an object of pity. He falls a prey to one disease or the other daily. His ill health is a wet blanket, which mars (rules) the mirth (gladness) of his life. A sick person belongs neither to this world nor to the other. Such a person grows sick of himself. Health is, therefore, a treasure of pleasure.

Health and happiness are inter-related to each other. Happiness lies, first of all in health. Healthy body, infact, is

the guest chamber of the soul, sick body is a prison. The first wealth is health, health lies in labor and there is no royal road to it but through toil. Nothing is like good health for a man in the world. Frankly speaking, we are the author of our own health or disease. As—

**Health is the first Wealth**

—Emerson

**Life is not mere living but the enjoyment of Health.**

—Marteal

Disease is the result of disobedience to the immutable (unchangeable) laws of health that govern life. Life without good health is a miserable condition even if one is the lord of the whole world. What is the use of wealth and possessions, if a man cannot eat well owing to colic (pain in belly). If he cannot walk owing to paralysis, If he cannot enjoy the beautiful scenery of Nature and the ravishing beauty of a dazzling damsel (very brilliant girl) who is a cynosure of all eyes. Actually health care is needed from womb to tomb.

On the other hand, health is the basis of all virtues. Life is not life without good health. It is only a state of suffering and half-death. He who possesses good physique has hope and scope for peace, prosperity and progress. By drinking pure water, by taking a well balanced and simple meal, according to one's tastes, by observing the laws of health and hygiene by taking regular exercise or morning walk by practicing Japa and meditations, by right thinking, right action and right living, by observing celibacy (bachelorhood) one can possess wonderful health, vigor and vitality.

The secret of good health lies in taking a little diet. Never overload the stomach, overeating is the main cause of many diseases, generally man takes twice as compared to his requirement. Thus majority of the masses dig their

graves through their teeth; Good health simply means physical, mental, material and cultural health of man. When wealth is lost, nothing is lost. When health is lost everything is lost. You are what you eat. Health should be taken care of naturally.

Physical health stands for freedom from illness and not having any sort of disease. If one falls ill, one should try one's best to nip the evil in the bud so that one does not lose one's physique (health). Thus a poor man who enjoys a good physique is better than a millionaire who suffers from insomnia (sleeplessness). Gandhi Ji, therefore, has aptly said in his famous book "Key to Health"—

**Healthy pauper is better than an ailing king.**

Physical and mental physique go together. Whatever you hold in your mind will be produced in the physical body. Any ill feeling toward another person will immediately affect the body and produce some type of disease in the body. Hatred, peevishness, jealousy, fits of hot temper destroy the cells of the body and induce, diseases of stomach, liver, heart etc. Thus worry is the root cause of all the diseases. Actually, all diseases take their origin in the mind. The pains that afflict the physical body are called secondary diseases and mental diseases are primary diseases. If bad thoughts are destroyed all bodily diseases will vanish.

Mental health is more significant than physical health. Remove hatred through love, sympathy, mercy and friendship; remove greed through charity and generous act remove pride through humility. These factors will help you a great deal in achieving good mental health. One must be always cheerful since laughter and cheerfulness correct the circulation of blood. They are blood tonic. Be kind cheerful

and courageous. As Swami Sivananda said in his world famous book “Bliss Divine”.

**The body becomes your slave when you have conquered the mind.**

When we talk of medical health, it simply means that one should be medically fit. Everybody, therefore, is expected to get his health checked from a good doctor yearly. Everyone of us should adopt the following five golden principles for the maintenance and up-keep of good health :

One should get up early in the morning and after cleaning one’s face and teeth, take some water, which was kept on the previous night. By doing so daily, one can never be the victim of constipation, which is responsible for as many as 36 diseases in one’s body. It will automatically improve one’s health. That is why Franklin has aptly remarked:

**Early to bed and early to rise, makes a man healthy, wealthy and wise.**

Good health depends upon healthy and happy lifestyle. The modern fast-paced and competitive age of globalisation has no doubt ushered in an era of prosperity, but on the flip (move) side. We have fallen prey to a number of health problems. misuse of human body and erratic (unconstant) life style are mainly responsible for a number of diseases. Commonly termed as lifestyle diseases such as high ailments, high diseases such as heart ailments, high cholesterol hypertension, (blood pressure), depression, tension, obesity (fatness) etc. In this age of rat race, life has become hectic and mind is always over stressed, resulting in a number of ailments. Stress and tension is a silent killer and some of the good stress busters are given here under—

1. Positive thinking, 2. Regular walking, 3. Laughter

therapy, 4. Meditation, 5. Spiritualism.

As the Buddha said—

**Health is the highest gain, contentment is the greatest wealth, are the best kingmen, Dhamer is the bliss supreme.**

Moreover, one must exercise daily which is a panacea for all the diseases and it costs nothing. As a matter of fact, swimming is the best exercise of all the exercises of the world. But it is regrettable to point out that it is neither possible nor practicable for everyone. That is why morning walk is considered to be the best exercise for every one. As money is indispensable (absolutely necessary) to pleasure, similarly exercise is very essential for health. But it should be according to one's capacity temperament and age of one's body. One should also do some Asanas and pranyamas in order to keep one's body alert and fit. We should eat vegetables and simple meals for health. Most of the people fall ill owing to over eating and wrong dieting which our body cannot tolerate.

One should lead contented and calm life for the maintenance of good physique. As we know that there are different types of people in this world but demand is one for all of them i.e. pleasure, peace and happiness. Money can only provide us pleasures and luxuries but not peace and happiness but all these things may be enjoyed by minimizing our desires. As Lord Krishna has truly said—

**That person attains peace that lives devoid of longings, freed from all desires and without the feeling of “I” and “Mine”.**

—Gita 2.71

One should take refuge in God. One should accept whatever he does for him or her. It is very beneficial for that

person. God can never harm his true votary and devotee. One should have a great faith in Him and work honestly for the Welfare of all the baby souls of Almighty. As lord Krishna has aptly remarked.

**Renounce all dhaynas and take refuge in Me alone.  
I shall liberate you from all sins; grieve not**

—The Gita 18.66

Hence health is real wealth. We should be very careful about it. Philosophically speaking, there are three main pillars of good health i.e a well-balanced and simple diet, sound slumber and confirmed celibacy. As O.S. Marden has written—

**Many a millionaire who has bartered his health for  
his millions sighs for what all wealth cannot  
restore.**

—Getting on P 141



## 13. LIFE

**What is this life, if full of care,  
We have no time to stand and stare.**

—W.H. Davis

**People sometimes attribute my success to my  
genius, all geniuses I know anything about is hard  
work.**

—Alexander Hamuton

Every man's life is a fairy tale written by God's fingers and life is not acme (highest point) like God; It is a zigsaw puzzle with most of the pieces missing. It is really what one thinks of it. Thus different people take different meanings of life according to their attitudes, temperaments and tastes. That is the reason, some are optimists, some are pessimists while others are hermits. Now let us see where the fact lies. It is actually a matter of priority, preference and helplessness and according to one's desire, liking, circumstances etc.

Life is beautiful and wonderful and live wonderd muscles every moment. It is pair of opposites : pleasure and pain both go together. Sprains, (dislocations) spills (wastes) sprawls (Awk ward position) spread one selfimalality etc. are part of it. It is like cigarette, burnng with a flame continuously with smoke and ends in ashes.

Actually it is a fine blend of ease and difficulties, comforts and sufferings and smiles and tears, victory and defeat, life is a roller coaster. Sometimes you go up, at other times you fall. Actually these are essential parts of life for every one, be he a saint or sinner, rich or poor etc.

Now question arises what is life

- |     |                               |                    |
|-----|-------------------------------|--------------------|
| 1.  | <b>Life is a goal</b>         | <b>Achieve it.</b> |
| 2.  | <b>Life is a challenge</b>    | <b>Meet it</b>     |
| 3.  | <b>Life is a gift</b>         | <b>Accept it</b>   |
| 4.  | <b>Life is a duty</b>         | <b>Perform it</b>  |
| 5.  | <b>Life is a game</b>         | <b>Play it</b>     |
| 6.  | <b>Life is a mystery</b>      | <b>Unfold it</b>   |
| 7.  | <b>Life is a song</b>         | <b>Sing it</b>     |
| 8.  | <b>Life is a promise</b>      | <b>Fulfil it</b>   |
| 9.  | <b>Life is love</b>           | <b>Enjoy it</b>    |
| 10. | <b>Life is beauty</b>         | <b>Praise it</b>   |
| 11. | <b>Life is a spirit</b>       | <b>Realise it</b>  |
| 12. | <b>Life is a struggle</b>     | <b>Fight it</b>    |
| 13. | <b>Life is a puzzle</b>       | <b>Solve it</b>    |
| 14. | <b>Life is an adventure</b>   | <b>Dare it</b>     |
| 15. | <b>Life is an opportunity</b> | <b>Take it</b>     |

Now the questions rises how to live a better life. There are following 15 points for leading a better life.

- |     |                 |                     |
|-----|-----------------|---------------------|
| 1.  | <b>Talk</b>     | <b>Softly</b>       |
| 2.  | <b>Eat</b>      | <b>Sensibly</b>     |
| 3.  | <b>Breathe</b>  | <b>Deeply</b>       |
| 4.  | <b>Exercise</b> | <b>Daily</b>        |
| 5.  | <b>Sleep</b>    | <b>Sufficiently</b> |
| 6.  | <b>Dress</b>    | <b>Smartly</b>      |
| 7.  | <b>Act</b>      | <b>Fearlessly</b>   |
| 8.  | <b>Work</b>     | <b>Patiently</b>    |
| 9.  | <b>Think</b>    | <b>Positively</b>   |
| 10. | <b>Trust</b>    | <b>Courteously</b>  |
| 11. | <b>Learn</b>    | <b>Practically</b>  |

- |           |               |
|-----------|---------------|
| 12. Plan  | Orderly       |
| 13. Earn  | Honestly      |
| 14. Save  | Regularly     |
| 15. Spend | Intelligently |

Life has been interpreted in various fanciful ways. The definition of life differs from philosopher to philosopher and from nation to nation such as —

**Life is a tale told by an idiot, full of sound and fury, signifying nothing.**

—William Shakespeare

**A life spent making mistakes is not only more honourable but more useful than a life spent in doing nothing.**

—George Bernard Shaw

But the modern thinkers do not consider life a meaningless and fruitless proposition. To them, It is like a shadow, full of charm, beauty and thrill. They argue that life becomes dull only when we lay too much stress on logic and ignore the emotions.

It is experienced in routine course of life that when young folks are deeply involved in love with each other, they go through the golden period of their lives with sorrow, miseries, fret and fever, hypocrisy and deception, anxieties and worries of daily life become intolerable through overdose of reasoning.

Every individual leads his or her life according to his or her liking in this world, since, everyman takes its different interpretation. Since circumstances differ from man to man, this is why the life of everyman differs. La Bruyere said—

**Life is a tragedy for those who feel and comedy for those who think.**

As a matter of fact, life is a series of perpetual and permanent problems. Life without problems is unthinkable. It is very competitive since there is the survival of the fittest. One, therefore, has to become strong and stout. Never tell your problems to any one and never curse your problems. They should not defeat you. You have to defeat them. All problems, therefore, become petty and trivial provided you confront them with determination. Carlyle said—

**Blest is he who has found his work. Let him ask no other blessedness. He has found it and will follow it.**

—Unspeakable Holiness work

Human life is a riddle (enigma) for the majority of the people of the world. It is not a child's play to understand the mystery of human life. Not to speak of common man, even Buddha the great could not understand the meaning of human life fully well. To Buddha, human life is simply full of miseries and sorrows, but in fact human life is glorious and a blend of tragedies and comedies.

People argue that most of the Indians are poor and dishonest. So much so that most of the Indians cannot fulfill their basic needs. The population of our country is increasing day by day. Now let me exhibit the picture of American on the screen which is one of the richest nation of the world. Let us scrutinize the crime clock there Crime, rapes, divorces etc. are on the rampant there. But fortunately or unfortunately, we call America a paradise on earth. Now let us see where the truth lies.

Neither Americans nor Indians can understand the reality of life. That is why each of them considers the other comfortable. We are adopting American civilization and culture and we are the votary of mammon and on the other

hand Americans are becoming the votary of spiritualism. But very few people know the reality of life. Money can never be everything in man's life and nor one can get everything with it.

Money can provide every type of cosmetics but not beauty. Money can provide woman but not wife in real sense of the word. It can provide land but not life etc. If money is everything, then all the Americans should lead very peaceful and calm life. Money is, therefore, simply a means of life and not an end itself. It is a very good servant, but very bad master.

No man on the earth is either happy or unhappy as everyman has one's own problems. Everyman is enjoying life in his own way. This is why we should not be puzzled if life is full of comedies or tragedies. There will be no charm in life. Life is not a game of comedies and tragedies. Only the proper understanding of life can make man happy on this planet. There is an English Phrase—

**The good life is one inspired by love and guided by knowledge**

**Be grateful for the gift of life. No complaints. An attitude of gratitude takes you to the altitude.**

In fact, everyman enjoys satisfaction in different manner but the ways of taking satisfaction must be right. One should remain within limits, otherwise one will surely lose one's peace of mind. As generally said—

**Failure does not mean I am a failure.**

**It does not mean I have not yet succeeded.**

**Failure does not mean I have wasted my life.**

**It does mean I am not perfect.**

**Failure does not mean I have wasted my life.**

**It does mean that I have an excuse to start over.**

**Failure does not mean that I should give up.**

**It does mean that I should try harder.**

**Failure does not mean that I will never make.**

**It does mean that I need more practice.**

One should not care about public opinion if one wants to remain happy in life. Be busy and be happy for the betterment of humanity. Hence life is action, reaction and its suitable adjustment.

The sole object of life is the attainment of self-realization in order to unfold and manifest the Godhead, which is existent (existing) within him. As a matter of fact, sensuous life is not worth living, sensual pleasure is like honey, mixed with poison. It is attended with curious defects, attachment, pains, sins, etc. It destroys devotion to God and weakens the capacity of the mind to enquire into the reality and drags a man down to the abyss of hell.

Frankly speaking, mundane (material) life is all showy, illusory, transitory, trifling and worthless. Its end is only dust. There is nothing but tall talk, gossiping, eating, sleeping etc. which are painful and fleeting. Mundane experience has no value and no reality. God alone is real. Such as any number of zeroes have no values unless one adds 1 after them. Even if one possesses the wealth of the whole world it is useless if one does not lead a spiritual life. Jesus has aptly remarked—

**Seek first the kingdom of God and his  
righteousness and all these things shall be added  
unto you.**

Thus the greatest joy of life is devotion to the Almighty and meditation on Him in one's own heart. Spiritual life gives a meaning to human life and imparts glory to it. Be a man with courage and struggle for the great attainment. Climbing a mountain, crossing a channel, bombing a city etc. these are

not the true acts of heroism. But controlling the mind and senses and overcoming anger, passion and egoism by attaining self mastery constitute the real heroism.

The world is your best teacher and it will teach you everything since there is lesson in everything and in each experience. Thus the world is the best training ground for the development of various divine virtues such as forgiveness, tolerance, mercy, love, generosity, nobility, determination patience, etc. do not slander (to defame falsely) follow speak no falsehood practise no deceit; you will be very joyful, happy and peaceful. Righteousness is the rule of life. Lead a virtuous life since human life is not humane without virtues. The salt of life is selfless service. The bread of life is universal love. Life is not fully lived and it has not been fully realized, in case one does not serve and love the humanity. The secret of true life lies in the love of God and the service of humanity as Swami Vivekananda has aptly remarked.

**This life is short, the vanities of the world are transient, but they alone live who live for others, rest are more dead than alive.** Vol IV P 363

Life is a mixture of chance and choice. We many not change many events but we can change our attitude and approach to these events. Life is to be lived and not to be argued. But a well-balanced life gives happiness. Over emphasis upon any one ingredient is to be avoided. Man is not made to understand life, but to live it. Life is really, what you make it.

Hence life is service, sacrifice, love and relationship. It is poetry, not prose. It is literature, not science. Lead simple, regulated and hard life and make it a source of a perpetual joy in order to lead a happy-go-lucky life. Life is the greatest gift of God and utilize every second profitably and wisely.

Live in the present, forget the past and give up the hopes of the future. As Bertrand Russell has written—

**Life is a brief, small and transitory phenomenon in an obscure corner, not at all the sort of thing that one would make and fuss about if one were not personally concerned.**

—Bertrand Russell's of Best P 145

Actually man's life is our of sanskrars (impressions) of past birth, genetic effect and environment, education and experience and man should live with 3ees; energy, enthusiasm and empathy (sympathy).

As Swami Shivananda said in his book "Thought Power".

**Life is a journey from impurity to purity, from hatred to cosmic love, from death to immortality, from imperfection to perfection, from slavery to freedom, from diversity to unity, from ignorance to eternal wisdom, from pain to the eternal bliss, from weakness to infinite strength.**



## 14. LOVE

**Love is not an exam that you pass or fail. Love is not a competition that you Win or Lose, Love is a feeling in which you take care of someone, more than yourself.**

**What is love? It is Nature's treasure.**

**It is the storehouse of her joys.**

**It is the highest heaven of pleasure**

**It is a bliss which never fades.**

—Thomas Chatterton.

Love means the law of human life. To love is to fulfil the law and it means eternal peace, tranquillity (solitude) and happiness. Love is life, joy and warmth. It is the golden tie which binds heart to heart and soul to soul. Really speaking, that love is not love which alters when it alteration finds. Love is always one sided. That is why Oscar wilde said—

**The kisses are most sweet**

**when it is enjoyed in heart of strength**

**when like affections meet.**

Love is creative and constructive. It binds and builds. It is the principle of regeneration (Reproduction). It is an actual substance which man can use with confidence. It is a positive and concrete thing. He who applies the same with scientific precision can work wonders. It is, therefore, a far greater science than any modern science. So much so that it prevails among saints. A life without love, faith and devotion is a waste and real demise.

There is no virtue higher than love, there is no treasure higher than love, there is no knowledge higher than love, there is no religion higher than love, since it is truth and wonderous manifiastation (disclosing) of God. Really, God is

an embodiment of love. Man can verily understand his life in every inch of his creation. That is why Sri Sri Paramahansa Yogananda truly said —

**The greatest romance you can have is the romance with God. He is lover and our souls are the beloved and when the soul meets the greatest lover of the Universe, then the eternal romance begins.**

It is the instant (immediat) way to truth. it is the life principle of creation. It is the highest expression of soul force. It is the sum total of all the duties of religion. It is the magic wand in the hand of a devotee by which he conquers the whole world. It was the driving force behind Tulsidas, Mira etc.

Love of body is only lust and not love. Love of God is devotion and it is pure love. It is love for love's sake as we see in this world that a husband loves his wife not for the sake of his wife, but loves her for the sake of his own self. He is selfish. He expects sensual pleasure from her. If any disease destroys her beauty, his love for her ceases. It shows that there is physical passion in this love. It is deep selfishness. Swami Vivekanand has aptly said—

**No one in this world can really love anything but God. Man finds out that human love is half hollow. Men cannot love though they talk of it. The wife says that she loves her husband and kisses him; but as soon as he dies the first thing she thinks about the bank account and what she shall do the next day. The husband loves the wife, but when she becomes sick and loses her beauty or becomes haggard (lean and thin) or makes a mistake, he ceases to care for her. All the love of the world is hypocrisy (false pretension) and hollowness (insincerety).**

—Vol IV P. 15

In mercenary love, there cannot be any real happiness between the two, lover and the beloved. If husband is in a dying condition, the wife takes the bank passbook and walks to her mother's house quickly. If the husband loses his job for sometime, the wife shows faces, speaks harsh words and does not serve him properly with any love. This is selfish love. There is no element of sacrifice. There are, therefore, always quarrels, and fights in the house. Husbands and wives are not really united, there is always a tug of war. They pull on anyhow dragging a deadly cheerless existence.

So much so that even our women of ill fame show for some time abundant love, sweet smile, and honeyed words towards their customers so long as they can extract money. Can you call this love and real happiness? Just tell me frankly. There is cunningness, diplomacy, crookedness and hypocrisy here. Selfish passion seeks gratification through others. But pure and pious love seeks to make the beloved happy and to derive happiness from the happiness of the latter's love means sacrifice, share and service. All service is futile if there is no love, affection and sincerity.

It is a well known fact that Budha, Shankara, Jesus-Christ etc. served people. One who practises these guidelines can live through hard times and his days are enlightened with heavenly ray. Make others, truly happy as you strive to make yourself happy. Speak a helpful word and have a cheerful smile. Wipe the tears of one who is in distress. Render smooth a rough place in another's path. You will feel greater joy and happiness.

Worship the downtrodden, disabled and diseased since they are our first gods. Love all. You will reap the benefit of more than a million sacrifices. Regard your neighbour's happiness as your own happiness and regard

his pain as your own pain. God, Man, Love, Law and self realization is one and the same thing. We, in fact, are all the fruits of one tree and the leaves of one branch. There is no stranger in this world. Every one is god in the process of evolution.

All men are limbs of one body. All creation is the family of the Almighty. Love His creations. Love even the animals, birds, plants, everything etc. In this way one follows the religion of love. I am a true Hindu, a true Christian, a true Mussalman etc. True religion does not consist in ritualistic observances like baths and pilgrimages etc. but in caring and loving the whole of the humanity. As Sydney Smith says—

**To love and to be loved is the greatest happiness of existence.**

To conclude, it is expected from every one to spread the message of love, unity, sympathy, service and sacrifice. Love is the only force capable of transforming an enemy into a friend and thus one of the greatest victories you can gain over some one is to beat him by politeness.

Love is the storehouse of happiness. Love should not have any selfish motive. One who makes others happy by loving also feels happy for having loved. Hatred creates enmity. It robs one's peace of mind. A person who does not have peace of mind cannot be happy. Hatred may result in physical violence. Crimes are often the result of hatred. Hatred thus brings unhappiness. We should learn to forgive our opponents. Jealousy and prolonged anger are agents of death. One, therefore, should follow the path of love to achieve happiness.

There have been saints who widened the horizon of

their love. Their love was universal. They loved all mankind and even animals and birds Gautam Buddha, Mahavir. Kabir, Tulsi, Guru Nanak, Maharishi Swami Dayanand, Swami Vivekanand etc. worked for the welfare and happiness of all. Love, therefore, alone can lessen many ills of the society. It is the basis of happiness. If nations of the world follow this principle, there would be no world war. Love can unite the people of the world into a common brotherhood. Let the spiritual message of oneness and the divine call to unity, friendship and amicable co-operation, reach the hearts of all and awaken love and brotherhood, humanity. Sing, dance, drink, talk, pray, meditate, die in the lap of love. As a poet has aptly written—

**Start the day with love**  
**Spend the day with love**  
**Fill the day with love**  
**End the day with love**  
**This is the way to love**



## 15. MARVELS OF SCIENCE

Modern age pre-eminently is the age of science. Great and marvelous are the achievements of science in the modern age. Wherever we cast our eyes, we see its achievements and attainments. The pen I hold and the paper I write on, everything proclaims the glories and the triumphs of science. That is why Pandit Nehru has aptly said—

**Life today is governed and conditioned by the offshoots of science and it is very difficult to imagine existence without them.**

Science has increased the speed and velocity (rapidity) of our life. It has bestowed power equal to those of the gods. It has revolutionalised our life. Miracles performed by saints and prophets have been forgotten. It has not only changed our outlook, mental make up, thoughts and ideas but awakened our hopes and dreams as well. That is why Bertrand Russell has written—

**Science can help us to get over this craven (cowardly) fear in which mankind has lived for so many generations.**

—Bertrand Russell's Best Page 49

Science is a systematic study of facts and figures. It tries to reduce observations into a system. In order that the fact may be valid for science, it must be perceptible (see-able) through senses (sensing is false knowledge, initiation is right knowledge). Science has removed the darkness of ignorance and superstitions and spread the light of knowledge in our minds. It has removed the boundaries of time as well as distance by inventing the means of transport and communications. We can take our breakfast in Delhi,

lunch in Bombay and dinner in Calcutta. With telephone, mobile one can talk with people across the continents and oceans. The science has eliminated (expelled) the barriers of time and distance.

It has provided for us numberless means of recreations like colour television, CD player, VCR, DVD, mobile smart phone Internet Video conference, Cinema etc. whenever we become bored with our routine work, newspapers give us news, views and reviews of North, East, West and South. We can listen to sweet songs and see pictures on television. So much so that we can see even everything happening in any corner of the globe on television. Science has invented penicillin and X-Ray. Penicillin is a great blessing for us since it cures many diseases, which were fatal in the past. X-ray, Ultra sound is another miracle of science by which we can see the internal structure of human body. Extraction (taking by force) of tooth has now become painless. Science has also enabled the deaf to hear, and the lame to move about. Thus it has given eyes to the blind, hearing to the deaf, legs to the lame and has brought back many people from the noose of death. It has surpassed the old miracles of mythology and thus has made possible the impossible things of the past. Bertrand Russell, therefore, aptly remarked :

**Science is the noblest gift of God.**

Now human being is not a puppet in the hands of Nature but has proved master of three Worlds-Air, Water and Land. With the help of science, we can swim in water like a fish and cook our meals in minutes in micro oven and fly in the air like a bird. Through science, man has controlled the Nature to some extent. He has invented scientific instruments with which one can forecast weather of any part

on the earth. It has invented Rockets, Jet Plane, and Satellites etc. Man has reached the Moon and is trying to fly to other planets, all with the aid of scientific technology.

Discovery of electricity is another contribution of science. We can cook our food, prepare our milk and tea in minutes, or warm our room in winter season and iron our clothes with the unique gift of electricity. It has removed the darkness of our homes. Electricity has become very vital (important) in these days since most of the routine works are performed by it. Without it life is hell, dark and gloomy.

Science has created industries on large scale. It has increased the quantity of production. Now on machine, computer etc. one can work for hundreds and thousands of persons. Science is enabling now the deaf to hear, blind to read, and the crippled to walk.

Science is not an enemy of religion. But science is an enemy of superstitions. Both science and religion are engaged in a search of truth. The divorce of science from religion is the cause of confusion and conflict. They are the twins. They should help mutually and harmoniously to search for the truth and live the life of truth. If one ends one's life in the laboratory alone, one cannot enjoy the eternal blessings of the soul and salvation. Thus the man of science follows the path of experiment, experience and the man of religion that of trust & belief. Infact there is an important saying—

**Science without religion is lame and religion without science is blind.**

Thus we are compelled to say if a man of eighteenth century were to come to life in the world of today, he would fail to recognize the world in which he will find himself-say-he would perhaps die of bewilderment (confusion) in no time.

There are thinkers who cry halt to the march of science. They opine that it is the root cause of the most of ailments of the world. It has made our life complex and crooked and it has created artificial wants. It has raised problems unknown and unheard of before; problems, which delay the ingenuity of man to solve. They, therefore, support the pure and simple life of yore. They raise the slogan “Back to the Nature.” Everytime our wants are becoming more and more destructive and dangerous. If they resolve never to employ science for destroying the mankind, science would become the greatest benefactor of human race.

Thanks to the achievements of science in the modern age. It has influenced every walk of our life. The past record of science raises hope that the incredible is going to happen in the near future. We, as a matter of fact, grow, move, live, and die in the lap of science.



## 16. ON BACHELORHOOD

O.S. Marden says—

**The loving heart of good girl is better than all the wealth and social accomplishments, (attainments) which she can bring to a man.**

—The Secret of Achievement

Brahmacharya, essentially means purity in mind and thought, word and deed. It is celibacy, continence (self command) and chastity. Narrowly speaking, it is celibacy but broadly speaking, it is absolute control over all senses.

It saves the vital energy of human life. Actually, seminal energy is verily certainly contains at man. The secret of health lies in the preservation of this vital force. He who wastes this, cannot have versatile development in his life. Semen is the essence of life, thought, intelligence, consciousness and blood. From food, chyle is manufactured. Out of chyle comes blood, out of blood comes flesh. Out of flesh comes fat, out of fat comes marrow (essential part), out of marrow comes semen. It means that semen is the essence of the vital energy. As Dr. Malvil Keith said—

**This seed is marrow (essential part) to your bones, food to your brains, oil to your joints and sweetness to your breath and if you are a man, you should never loose a drop of it. Until you are fully thirty years of age and then only for the purpose of having a child which shall be blessed by heaven and really are of the imates of the kingdom of heaven by being lion again.**

Bad memory, premature old age, impotence, various sorts of eye diseases and various nervous diseases are attributable to the heavy loss of this vital fluid. Once lost,

semen can never be recouped in life time by taking any amount of almond, tonics, milk, cream, cheese etc. It is impossible to be strong and healthy unless males and females, boys and girls try their level best to keep the vow of celibacy since it gives inner strength and peace of mind. It invigorates (imparts energy) the mind and nerves, augments memory, will power and brainpower. Thus it bestows confers tremendous, strength, vigour and vitality. As swami Sivananda said in his book “Sure Ways For Success in life, and God realization”—

**Brahamacharya is the root of a magnetic personality. No development of strong personality is possible without celibacy.**

It is easy to tame a lion, to play with a cobra, to walk on fire, to uproot the Himalayas, but it is very difficult to eradicate lust. Mere human effort alone will not suffice. The divine grace is needed. Lust cannot be completely uprooted from the mind except by the grace and blessings of God. Lustful looking and thinking are obstacles. Be chaste in your look, thought and then one will be able to establish the vow of celibacy (bachelorhood).

Celibacy (a soleman pledge) keeps checks on genitals. He who has disciplined his senses has a strong will and peace of mind. He can concentrate thoroughly. He has immense inner strength. He will have success in life and also in the path of spirituality. Frankly speaking sexual pleasure is no pleasure. Passion is not power, but in fact, it is weakness and slavery. As Bertrand Russell said—

**Sex outside marriage is sin; sex within marriage is not sin, since it is necessary to the propagation of the human species.**

—Bertrand Russell's of Best, Page 76

Generally, marriage is mirage (illusion) for commoner since it fetters him, particularly in a poor country like India, with the cruel chains of poverty and paucity. It produces

children and reduces a common man into a skeleton owing to intolerable burden of financial commitments. His income is too meagre (small) to fulfil his basic needs. How can he fulfil the basic needs of his would-be-wife and would-be-off springs? There is a Polish proverb—

**The women cry before the wedding and men afterwards. Thus wife means chains of worries invited for ever for the majority.**

It eradicates the unique spirit of individualism and man cannot free himself from the chains and bondages of married life. Since a large number of unions are based upon conditional and reverse philosophies of life. He, therefore, loses individualism which is very essential for his versatile development. Somerset Maugham said—

**Marriage is the most abnormal of the relationships between man and woman in view of privacy, an encroachment on individuality, shattering of peace of mind, the interruption of independent thought and action and the engulfment of an incorrect human being into the log of boredom—the only solution of marriage is legalized polyandry—few women can be happy with only one husband. Even the most constant women like a change now and then.**

It is thus a curse for man and may be blessing for a woman since it provides protection and security of life. Thus this ceremony perhaps originated from the very reason of protection and security for woman. Wife is only a luxury. It is not an absolute necessity. Marriage is a curse and a bondage in most of the cases. The bachelor who was once free is now tied to the yoke. This is the hard experience of all the married people and they, therefore, weep after marriage. As there is a saying—

**Marriage is an agreement in which a man loses his**

**bachelor degree and woman gains her master's degree. Divorce and dowry is future tense of marriage.**

Generally, man cannot choose the spouse (wife) of his own choice. He, therefore, cannot lead august and grand life. Thus marriage proves repentance for a common man. To him marriage is a legalized, permanent and perpetual prostitution. It is estimated that marriage is a nearly repentance for about ninety per cent people. Above eight per cent couple are leading cat and dog life. But remaining about two percent are leading happy married life. Hence a bachelor is better than frustrated and gloomy married man. As Bertrand Russell's said —

**Marriage is not invariably a source of bliss.....**

—The conquest of Happiness Page 178

Parents of modern era tie two persons of the opposite sex in the noose of marriage like beads of rosary. But they are absolutely and entirely different and divergent in not only outlook, mental make up, ideas and conceptions, hopes and dreams but their lives lead to destruction and devastation due to lack of proper adjustment. Mal adjustment in the married life results in disaster, disease and death. That is why Shakespeare has aptly remarked in his world famous drama "As you like it."

**Men are April when they woo, December when they wed, maids are May when they are maids, but the sky changes when they are wives.**

They produce many children and increase the population problem of world which is in fact one of the greatest problems in the present age. In fact, babies must be there since they are the real wealth of the nation, but excess birth of babies is a great problem for us which should be checked by the Government by means of providing bachelor allowance after the age of 35 only government employee to

the unmarried since self restraint and celibacy are the only effective natural methods in birth control.

A man leads a life of celibacy even in his household and lives with his spouse for the sake of progeny only. He can bring forth healthy, intelligent, diligent, self-scarificing children. Rishis of yore of ancient India after their marriages used to follow this excellent rule very carefully for the purpose and thus they practiced life of celibacy during their youth.

It is also pertinent to point out that marriage is not only curse but it may prove to be a blessing as well provided that one chooses the spouse of one's choice and has sufficient sources to feed one's family and possesses good physique with grace of God. As Franklin truly said :—

**Good wife and Good health are man's best wealth.**

Jermy Taglor says—

**Marriage has more of safety than the single life.**

I am sorry to state that it is a rare achievement, which cannot be achieved without the grace of God to lead happy-golucky life.

It is sufficient to say that one should, therefore, enjoy the pleasure of celibacy like a lord which is a cynosure of all eyes like a dazzling damsel, full of fun and frolic unlike the married life which is full of trouble and turmoils. If one is a bachelor, one should live like a bachelor and serve the nation like Swami Daya Nand Sarswati, Swami Vivekananda etc. Celibacy is really a permanent and perpetual penance for a man. It is really next to God.



## 17. OUR EDUCATION SYSTEM

**To educate means to bring up mental and moral training, development of character and mental power.**

—Oxford Dictionary

**Education is the manifestation (revelation) of the perfection already in man.**

—Swami Vivekanand Vol IV P 358.

Education is the root, culture is the flower and wisdom the fruit. Education is not only the catalogue of words, figures, dates, and data, but it is life, light and romance. It provides the light of knowledge in order to remove the veil of darkness and ignorance. It implies the versatile development of man-head, heart and hand, all three must be trained by artistic, scientific and practical education. It should teach the students to love God and man. It should instruct the students to be truthful, more fearless, humble and merciful. It is training actually for life in which ethics has the most dominant role. Education without morality, discipline and decorum (etiquette) is injurious to human development. If religion is cut off from education, man will die spiritually. The development of human life depends on mainly environment, education and experience.

During the British period, the system of education was devised by the rulers as per their own convenience. After Independence, it was realized that this education system must be overhauled for the benefit of the masses of this country. Several Education Commissions and Committees were established and several experiments in the field of education were made. Now the 10 + 2 + 3 system of education was accepted as a model system. It has been put

to trial almost all over the country and it seems to have stood the test of time. According to this system, there is high school teaching upto class X. It covers ten years. After the 10th class, there is two years teaching (+2) in a higher secondary school.

After this, there is teaching for three years in a college/university for the student to get a degree. The first ten years school teaching and thereafter 2 years teaching are controlled by a Senior Secondary School Education Board. According to this system, the student studies a number of arts and science subjects at school which are compulsory for all students. Thereafter, he studies some subjects of his choice arts/science/commerce etc. Thereafter, the student may join some professional or vocational course according to his aptitude and calibre (capacity). The brilliant ones interested in higher studies may join a university for three years to do graduation. The system seems to have worked well ; but deserves some improvement.

Our Education system is very defective. It has become mechanical and materialistic. It has encouraged cramming. The students are lacking in culture, in self-expression and in general knowledge. As Lord Macaulay said—

**English Education would train up a class of persons Indian in blood and colour, but English in tastes.**

It was founded by the British for their own convenience. Lord Macaulay was the father and founder of this system. He wanted it to produce clerks to help the British in running their administration. Today the English have gone but the same old system of education still continues. We are free but we are still slavishly following the system evolved by the British. This system of education has many defects. It must be changed and overhauled.

The greatest defect in our present system of education is that it is too much theoretical. An educated man has only bookish knowledge. He knows nothing about practical things. He finds that his education has not made him fit to do any useful work for his society.

It does not teach us the dignity of labour. A student is not trained to do things with his hands. Physical labour finds no place in education. Educated young men are fit only to be clerks in offices. They look down upon manual labour. They consider it below their dignity to work with their hands. Vocational education is the need of the hour. We need more and more technicians, engineers and doctors. But the number of vocational institutions—Engineering, Medical Colleges, Polytechnics etc. are limited. A large number of students who can do well as technicians, are deprived of technical or vocational knowledge.

It gives too much importance to English. At many places, it is the medium of instruction. English may be an international language. It may have rich treasures of literature. But it can never be our national language. Education must be imparted in the mother tongue. This will save much talent of the country.

Students find it purposeless. They take no interest in their studies because they know that after finishing their education, they, will only join the army of the unemployed. There is an urgent need that it should be overhauled.

A great bane of the modern examination system is that we have too many examinations. Indeed we have examinations and tests at every step even to get admission in the nursery or pre-nursery class the child has to take a test; not only the child but also its parents have to appear for an interview. Then throughout the career of the poor child, there are tests and examinations galore (abundance) such

as daily, weekly, monthly, bimonthly, semester related, annual etc.

We have a pertinent saying : “Excess of everything is bad.” This should and does equally apply to the examinations. The examinations always keep the students on tenterhooks. They are often a worried lot. It is hard to find a ray of cheerfulness on the faces of most of the students. Then in this world of hard competition and pressing demands on the students from their parents and teachers, many students fall a prey to such unethical practices as copying. Gone are the days when students like Gandhiji refused to copy spelling of a word from another student’s exercise book even when he was urged by his teacher to do so. Now, not only the students themselves but also many times even their parents and the so-called well-wishers also a try to exhort (advise) the student to indulge in the unhealthy practice of copying. The pity is that sometimes even the teachers play a nefarious (wicked) role in this obnoxious (objectionable) game. Even more deplorable is the fact regarding the pressure of members of managements and politicians and bureaucrats on the teachers to help their wards in cheating in the examinations.

All this must be stopped in the overall national interest. If today we have students who come off with flying colours in examinations through the art of copying, tomorrow we shall have these very students risen to high posts again through unfair means and thus the whole moral structure of the society and our national character will get infected. This is actually happening to a great extent at this very moment.

Another great menace, (danger) perhaps the greatest of all other menaces, is the menace of leakage of papers of various examinations. There have been reports about the leakage of PMT papers right from the beginning. Similarly

leak of papers of many other examinations has sporadically taken place in the past.

Literary education is necessary for the growth of mind. It broadens the outlook, enlightens the mind, sharpens the intellect and imparts the general knowledge. But besides these we need technical education as well. It makes a person mentally alert and physically active. It makes him dexterous skilful and practical. We need now scientific and practical professional education such as engineering and applied chemistry. It implies that education is to be given from the utilitarian point of view.

Modern examination system is also defective. It is a device to test the knowledge and proficiency of a student in certain subjects, within a certain time limit. It tests the intelligence and ability of a student or of a candidate for a post. There are three kinds of examination i.e. written, oral and practical. The main defect in the modern examination system is that it is not a scientific method that ensures an accurate test of a candidate's knowledge or intelligence. Through the grace of this system, a mediocre student may come out with flying colours while a brilliant boy may cut a very sorry figure.

Einstein, one of the greatest scientists, once failed in Mathematics. Luck or chance plays a dominating role in the examination. For example, in the U.K. some distinguished educationists once drew attention to the curious result obtained in examinations. Not to speak of different examiners even the same examiner marked and valued the same paper differently at different times and the margin of difference was, in some cases, as great as between 25 and 55 out of 100. Thus it shows that examination is not a true test of one's ability and capacity since it is only a technique. That is why Christ said—

**O! to be examine is a curse, O God! put me not to a test.**

Moreover, another defect in the modern Education System is that the courses are too lengthy to cover within the limited period. Not to speak of revision of the same, even the teachers cannot finish it well within time before the examination. We see daily that even the children have to carry big and heavy bags to the school on account of lengthy courses of the various subjects which really are beyond their capacity to comprehend (understand). It should not be lengthy and should be simple and crystal clear so that an average student may be able to follow the same. There are teachers in the modern education system but ideal teachers are very rare. To an ideal teacher teaching entails pains, preparation and perspiration. An ideal teacher should be the master of his subject that he teaches. His knowledge should be deep, his information to date, his expression rich and fluent. He casts a spell on the students whom he teaches. he should learn by heart Tagore's motto—

**A teacher can never teach unless he is still learning;**

**As a candle cannot burn other candles unless it is still burning.**

But sadly to point out that our modern education lacks ideal teachers. Most of the teachers are money minded and their main aim has become earning more and more money by private coaching and not to sacrifice the services for the welfare of nation. This is a main drawback in this system and teachers should become nation builders like ideal teachers in order to remove this defect and improve the standard of education.

There is no discipline or decorum in the modern educational institution which is very essential for the improvement of the same.

Most of the students are square pegs in round holes owing to lack of proper guidance. Parents/teachers should see the aptitude of their children and then impart them education according to their talents, tastes and temperaments to remove the defect.

Suffice it to say that education is absolutely necessary to enable us to fight the battle of life. Knowledge is power. Everybody must arm himself with the knowledge education imparts in order to secure a better way of life and to make life fuller, happier, and richer. We now want that the Indian Universities should be regarded as National Institutions. The main object of modern education is only to get degree for a job. It may be one object of education. But really speaking the real aim of education should be versatile development of person i.e. material and spiritual development of the man for proper progress of nation. So it should not be only money-making since money is not everything. But it should be character making as well, as Bertrand Russell has said—

**Peace can never be permanently secured until the education of children is changed.**

—Bertrand Russell Best's page 81

There is a saying in English—

**Education without character is not only useless but positively dangerous.**

The object of education should be to make each person self supporting; to develop in each man his power of self culture; to strengthen mental development and to encourage co-operation. Let the system of education be completely overhauled and we shall be achieving the goal of true independence.



## 18. PRAYER

O Adorable Lord of Mercy and Love!  
Salutations and prostrations (Acts of lying down)  
unto Thee.  
Thou art satchidananda.  
Thou art the indweller of all beings.  
Grant us an understanding heart,  
Equal vision, balanced mind.  
Grant us inner spiritual strength,  
To resist temptations and to control the mind.  
Free us from egoism and jealousy.  
Fill our heart with divine virtues.  
Let us hold thee in all these names and forms.  
Let us serve Thee in all these names and forms.  
Let us ever remember thee.  
Let us ever sing Thy glories  
Let Thy name be ever on our lips  
Let us abide in Thee for ever and ever.

—Swami Sivananda (The universal prayer)

If I am right  
The grace import.  
Still in the right to stay,  
If I am wrong,  
Of teach my hear.  
To find that better way :

—Alexander Pope

Greet the dawn of the day and bid adieu (good-bye) to the setting sun with a prayer of thankfulness, first for a fresh day granted and last for His grace received. Thus shall your life be blessed and thus will you radiate (sparkle). His

blessings all around you. We see hustle and bustle of all the creatures of God such as the humming of the bees, the sweet melody of the nightingale, the roaring of the lion, the neighing of the horses, the hissing of the Cobra and singing of the devotee in the praise of God with dedication and devotion which are really the signs of prayer.

Really speaking, prayer is not a demand asked by any person from God as generally people do in their lives. It actually means dedication and devotion to the Almighty without demanding anything in lieu thereof. If you pray for the acceptance of your demand; it will be a contract and will not remain a prayer. The prayer, therefore, should be done daily without asking any thing from the Almighty. It is thanks (repentance) giving to God for his blessings. It is the soul and gist of religion. It is the very essence of all the scriptures (religious books) of the world. No one can live without it. That is why Gandhi ji aptly said :

**I can live without air, but not without prayer.**

Prayer does not want profound intelligence or eloquence. But God wants your pure and pious heart when you pray. Even a few words from a humble pure soul though illiterate appeal to the Almighty are more than the eloquent flowing words of an orator or an erudite (learned person). Prayer that comes from a sincere, pure and sober heart is at once accepted by God. But the prayer of cunning, crooked and corrupt man is never heard. As a scholar said—

**Prayer is power, it is such power that teaches us how to live in this world. Prayer is our anchor. Prayer does not mean always asking or begging. Prayer takes birth from dedication and duty.**

There are two types of pureness internal and external pureness from jealousy, bad intentions and motives constitute internal purities where as purification of body

through bath, clean clothes and surroundings constitute external purities. But it is pertinent to point out here that internal purity is more significant than external purity since internal purity makes mind concentrated at one point. It bestows sincerity serenity, (calmness) cheerfulness, joy, vigour and also instils (infuses) love, patience, perseverance and magnanimity (Greatness).

Mind is impish (wicked). It is the Maya that tempted even Buddha. It is the Satan that allured Adam and Eve. It is the Kama who disturbed Shiva. It is the bugbear (false terror) of lust and lure that spoiled the penance (repentance) of sage Vishvamitra. It implies that man cannot wash the mind with soap and water to get rid of its impurities, but if he eradicates (destroys) greed and attachment, the mind will be purified automatically. Purify the mind first through the practice of right conduct. That is why Lord Jesus Christ says—

**Empty thyself and I shall fill thee with**

As Smt. Shalini Mehta has written—

**Only prayer is that door which opens for God to work in our life. Keep that always open for Him so that no adversity is ever able to take control of your life.**

—Anger

There are no problems that cannot be dissolved by prayer, no sufferings that cannot be allayed (calmed) by prayer, no difficulties that cannot be surmounted (conquered) by prayer and no evil that cannot be overcome by prayer. It is communion with God. Prayer is a miracle (wonder) by which God's power flows into human veins. You will be filled with His blessings, protected by His grace, shielded by His mercy and spurred on to the path of righteousness by His divine will. As true devotee kneels down and prays to the Almighty from the very core of his heart and head and utters—

**Thy will shall be done, My lord! I want nothing.**

This is known as true type of prayer, petition, supplication (petition) and submission of a true devotee in which he surrenders every thing before God and demands nothing for his selfish motives. As Lord Krishna said in the Holy Gita—

**Renounce all Dharmas and take refuge in Me alone  
I shall liberate you from all sins; grieve not. —18.66**

It implies that supplication and submission are mighty spiritual forces. These are spiritual food for soul. They really are a spiritual tonic for all ailments. It is really powerful spiritual current. There is nothing so purifying as selfless prayer, if a man prays regularly, his life will be gradually and slowly changed. He will feel as if he cannot live without it. When he prays, he links himself with the inexhaustible (endless) cosmic power house of energy Hiranya garbha and thus draws unique power, energy, light, vigour, vitality and strength from Him. As justice Pritam Paid said—

**When medicine fails, the prayers work and when  
nothing works, God does.**

—Power of thought P-151

Prayer works wonders so much so that it moves mountains. Even when the medical board has pronounced a case to be hopeless, the supplication and submission comes to his rescue and the patient miraculous (wonderful) and has mysterious survival by the grace of God. As S.T. Cabridge said—

**He prayeth well who loveth well  
Both man, bird and beast  
He prayeth best who loveth best,  
All things both great and small,  
The ideal prayer is self-searching.**

Prayer is your birth right. It is the common heritage and property of all the people of the world. It is free from all. But

they adopt different methods according to their circumstances, situations, temperaments for the same. It brings inspiration and intuition. It elevates (lifts up) and raises the mind to spiritual heights of ineffable, unspeakable splendour (great rightness) and glory. So much so that it, as a matter of fact, is your spiritual food, tonic and vitamin. It is full of divine potencies, constant great brightness companion, saviour, joy, light and life.

Hence prayer is the secret of true spirituality and for leading peaceful life as work is the secret of longevity and contentment is the secret of happiness. As Tagore has truly remarked in his world famous book "Gitanjali".

**This is my prayer to thee, my lord-**

**Strike, Strike at the root of penury in my heart**

**Give me the strength lightly to bear my joys and sorrows.**

**Give me the strength to make my love fruitful in service.**

**Give me the strength never to disown the poor or bend my knees before insolent might.**

**Give me the strength to raise my mind high above daily trifles.**

**And give me the strength to surrender my strength to thy will with love.**

**Common be our prayer, common be our end.**

**Common be our purpose, common be our deliberations.**

**Common be our distress, common be our needs**

**United be our intentions, perfect be our union among us.**



## 19. SERVICE

**Who loves all beings, without distinction,  
He indeed is worshiping best his God.**

—Swami Vivekananda

The natural instinct of man, as of animals is to live for himself and his near and dear ones. But what raises man to a higher level than animals is his ability to rise above this selfish instinct and extend his love, sympathy and help to the outer circle of his fellow men. It is one of the most ennobling duties of man since service of humanity is the service of the Almighty. The gist of religion is to be pure and to do good to others. He who sees God in the disabled, diseased, down trodden etc. really worships God. But if he sees God only in the image, his worship is devoid of depth. He who has served the helpless person finding the Almighty in him without bothering about his caste and creed is the true servant of God. Actually, God is more pleased with that person than with person who sees God only in Temples, Mosques, Churches, Gurdwaras etc.

The true life means service and sacrifice. Man purifies his heart by doing service. The idea of superiority, hatred, jealousy and egoism vanishes automatically and idea of selfishness and sense of separateness are eradicated. But on the contrary, sympathy, mercy, humility, love, tolerance etc. are developed. Man gets a broad and liberal outlook of life. As a matter of fact, the first step in the spiritual path is selfless service of humanity. Selfless service is the watch word along the road to salvation. It prepares man for the attainment of unity with the Almighty. It can purify his heart

and fill it with divine virtues. Man of the pure and pious heart will have the vision of the Almighty. It is better to become a servant of humanity. It is the only secret of attaining God realization. As justice Pritam Pal said—

**A person who helps others gets the best reward in life. People are ready to sacrifice even their lives for such a person.**

—Power thought P 68

Educate the illiterate, raise the poor, pauper and down-trodden, clothe the naked. Feed the hungry and provide medicine to the sick and God will bless you since it will be the real worship of God. Do this service to humanity with diligence (industrial nature), devotion, dedication and determination. As Swami Vivekanand said—

**Arise, awake and stop not till the goal is reached.**

—Vol III P. 321

Meet your friends and the members of your society at a common place every week for Satsanga and Kirtana. Develop an understanding heart. There is no superior or inferior service in Karma Yoga. For instance, the smallest bolt in a machine is as essential to its smooth running as the mighty wheel. Similarly in an organized effort the man who does even the least work contributes as much to the success of the endeavour (effort) as the chief organizer himself. Since if there is some defect even in a small detail perfect success cannot be achieved. In this connection, Swami Vivekananda has aptly remarked—

**Every duty is holy and devotion to duty is the highest form of the worship of God.**

—Vol. V P. 240

There is no menial (low) work in the eye of karam yogi. But every work is worship of the Almighty. All the actions of Karam Yogi are sacred. He is, therefore, entirely free from egoism. He has no downfall since the canker (disease) of pride cannot touch him.

Never lose a single opportunity in helping and serving other people who deserve it. Serve them cheerfully and willingly without grumbling about the same. Never show an angry face. Utilise every minute in serving others in the best possible manner. Never expect anything when you serve a person or when you give him some gift. Thank him for giving you a good opportunity to serve him. Man is expected to serve to others with the feelings that Almighty dwells in all and receives your service or gift as worship. This cosmos (world) is nothing but a manifestation of the Almighty. Service of humanity is, therefore, the service of Him only, He can be best served through the service of his creatures. Swami Vivekananda has truly remarked—

**This life is short, the vanities of the world are transient but they alone live who live for other's; the rest are more dead than alive. –Vol-IV P-363**

When a man serves he should remember that his work is for the Almighty. Do every act as offering unto Him. He will soon achieve spirituality. He will soon be tasting the fruit of Divinity. Man should always scrutinize his motives and should put an end to selfish motives.

Do every work perfectly with full concentration, diligence, devotion, dedication and determination to get a sanguine (hopeful) success in that work; give your full heart mind and soul for the same. Never care for consequences.

Never bother about success or failure, which is not in man's hand. Have complete and full trust in Him— Practise self-reliance. Lead a happy go lucky life. Keep a cool and well-balanced mind. Work for work's sake. Do not be a walking mummy, but be a brave man. A Karma Yogi purifies the heart through constant selfless service. He kills egoism through self-sacrifice, attains illumination (brightness) and thus achieves the conquest of selfhood. He, therefore, is bound to succeed in any undertaking which is the secret of success.

So much so that some people opine that service of humanity without any aim and object is simply the exploitation of man. Man loses his precious time and energy but gets nothing in lieu of it and he, therefore, cannot feed his family well since he has to remain busy for the welfare of others. Moreover, most of the people take undue advantage of his leniency and his own career is spoiled. Now it is suggested that a common man should also earn his livelihood for his existence and his dependents and also devote some time to help the actually needy person for his spiritual development. By doing so his soul will be pure and strong and he will enjoy a lot of peace of mind. As Tennyson said—

**My strength is as strength of ten,  
Because my heart is pure.**

It is very difficult to perform selfless service but action should be performed without attachment, without the feeling of doing for one's own personal purity. Perform work merely for God's sake, abandoning even such attachment as may God be pleased. You must be prepared to abandon the work at any time, however much interesting the work may be. Whenever the inner voice of the soul commands you to give

up work, you must at once relinquish it. Attachment to any work will bind you.

To conclude, social service done with a smile is an attitude which forces one to think about positive actions. Everyone who is a well meaning human being lives to lead a life based on truth, honesty and good will to others. It is suffice to say that one must perform selfless service while earning one's livelihood for one's spiritual progress and tranquillity (peace). As Jenette Cole said—

**We cannot help ourselves without helping others.**

**We cannot enrich our lives without enriching others.**

**We cannot prosper without bringing prosperity to others.**



## 20. TENSION

**Some have too much, still they crave  
I little have and seek no more,  
They are poor though much they have,  
And I am rich with little store.**

Modern age is the age of tension, stress, strain, depression, despondency, (dejection), hurry, flurry, (agitation), worry, terrorism, anarchy, materialism etc. That is why most of the people are in tension which depletes (reduces) all energy. It eats the very core of your being and plays havoc like a canker (disease). Now the question arises; what is tension? It means the abnormal and useless pressure on the brain due to some extraordinary incident in human life which increases one's worry and botheration. It is of two kinds, one internal tension. It is due to own thoughts and habits and secondly external tension. It is due to natural climates. Tension is not natural and it cannot improve your performance. Concentration of mind and relaxation only can improve your performance and efficiency. One should, therefore, improve one's work efficiency and fine management. We are ourselves responsible and not others for our tension. We should have pressure to do work but should not have tension with a free mind.

### **Main Causes of Tension**

**1. Death in family—** When any member of one's family dies due to illness, accident or otherwise who is the only earning member of the family and all the members of the family are dependent on him ; thus all the remaining members of the family come under tension due to untimely death of the only earning member of that family. Similarly whenever any child or young one dies in the family and

remaining members are upset due to emotional attachment then there will be tension in the family.

**2. Health problem—** Health is our real wealth and it is more important than wealth. It is, therefore, stated whenever a man falls ill; he gets tense. He cannot enjoy anything provided or possessed. So much so that remaining members of the family become worried and depressed due to his ill health.

**3. Family problem—** There can be tension due to family problem. Sometime thoughts and opinions of husband and wife differ on some domestic problem or issue which results into unpleasant, unending argument and ultimately a serious quarrel between them. Some time children do not obey their parents and they do not want to study or they fail in the examination. Thus whole of the family becomes worrisome and that results into tension.

**4. Marriage —** There is also tension between husband and wife due to differences in thinking, doubt and misunderstanding between them regarding faith and loyalty towards each other.

**5. Excessive Work Load—** Excess of every thing is bad. It is, therefore, stated that excessive work load is also responsible for worry and depression and on the other hand idleness also results into tension. It is, therefore, required that there should an equilibrium (balance) between work and recreation to remain happy in life. As there is a saying—

**The trouble with rat race is that even if you win; you are still a rat.**

**6. Noisy Environment—** It also leads to tension and increases botheration; one cannot remain peaceful and calm due to noisy environment. I have seen in some families that students cannot study properly and one cannot do meditation due to noisy environment of the family and

vicinity, (neighbourhood). The elderly can not tolerate it.

**7. Other people**— Some times many people as your friends and relatives become a cause of tension. They deceive you on many occasions in the matter of money, land and property. They promise to return the same but they do not fulfil the assurance in time. This creates tension. Sometimes they think superior about themselves and you are made to feel inferior. Thus it creates tension. As a matter of fact, no one is superior or inferior in the world, it is merely a relative term. As Swami Sivananda said —

**The idea of superiority and inferiority is the product of ignorance. Develop equal vision.**

—Sure Ways for Success in life and God realization.

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### **Main Points of Removal of Tension**

**1. Positive Thinking**—One's thoughts should be positive to avoid tension since they make optimistic. Man, therefore, should adopt positive thoughts and not negative and wasteful thoughts to succeed in life. As Robert Browning said—

**God is in His heaven**

**All is rihghtwith the world.**

—Pippa's song

Thus positive thoughts develop right thinking, feelings. action and speech and they eradicate vicious qualities as greed, anger, egoism, hatred etc. and to avoid tension in life. Itika Dahiya says in her poem "I want to".

**I want to do something new.**

**Which is done by only few.**

**I want to fly high and move in the vast sky.**

**I want to climb the tallest free**

**Which has never been climbed by anyone.**

**I want to spread knowledge like the rays of sun.**

**I want to shine like a star and to reach very far.  
I want to move with the air,  
In every corner of happiness and joy.  
I want to share.**

**2. Live in the present—** Most of the people either live in the past or future. Past is dead and gone which cannot be recalled now at any rate and future is unknown and uncertain. It is, therefore, useless to worry about past and future. Man should take lesson from the past and make plans for the future and he must live in the present to avoid tension. As a poet said—

**For yesterday is but a dream,  
And tomorrow is only a vision,  
But today well lived makes  
Yesterday a dream of happiness  
And every tomorrow a vision of hope  
Look well, therefore, to this day!  
Such as the salutation to the dawn**

It is also generally said that past is a cancelled cheque, future is a promissory note and present is ready cash; spend it wisely. As judicious Longfellow said—

**Let the future not detain you,  
Let the dead past bury its dead,  
Act, act in the living present,  
Heart Within and God overhead.**

**3. Self-realization—** Man should make versatile development-physical, economic, social and spiritual for one's life for removal of tension in life. He should realize himself who he is. From where did he come and where will he go after death? Thus he will realize himself and develop his pious and powerful soul to avoid tension. As Braham Rishi Vishvatama Bavaraji said—

**Try to watch yourself. Try to study yourself. Try to introspect yourself. Try to know who you are and where you are. It is greater than Yoga and Yagya.**

**4. Complete surrender before God—** Man should perform his duties properly and leave the results on Him since results are not in one's hand. Thus by doing so he will be able to avoid depression as it is generally said "expect not and repent not". As Swami Sivananda said in "Sure Ways for Success in life and God-realization".

**You should live, work and breathe for God-realization alone. You should exert your level best to reach the goal. You should dedicate your mind; body and soul at His altar. The whole world is His Leela only. There is nothing but God. Feel His presence always and everywhere and enjoy the Atmic bliss.**

—P 325

**5. Yoga—** It means union with God. It aims at the harmonious development of body, mind and soul. As a matter of fact, union with God is the goal of human life. It should be be-all and end-all of human existence. There are 8 parts of yoga from yama to meditation. Asana and Pranayama is only physical drill for the proper maintenance of health. Thus yoga is very vital (important) for peace and bliss in our life to avoid tension; particularly meditation which means unoccupied state of mind and it brings tranquillity (peace) in life by removing all kinds of stress. There should be equilibrium (balance) among intelligent, emotional, moral and spiritual quintessence (extract) for versatile (all round) development in life. As Swami Sivananda said—

**Meditation is a first-class tonic. The wave of meditation will remove all sorts of diseases. It will**

**infuse spiritual strength new vigour and vitality.  
(Energy and principle of animation).**

—Sure Ways for Success in Life and God-realisation P-132

**6. Love yourself and others**— It is an admitted fact that one who does not love oneself can never love anyone in this world. So much so that some people are so dissatisfied with their lives that they criticize themselves and other people of the world without any reason. Such persons can never be happy in their life and they remain victims of tension. It is, therefore, prayed to them that they should love themselves and others as well since without loving the other people of the world one can never be free from tension. As Shakespeare said—

**Love all, trust few and hate none.**

Similarly Swami Vivekananda also said—

**I wonder, how people find time to hate. Our life is too short to love.**

**7. Be liberal and Happy**— It is very vital to become liberal and happy for the removal of stress and strain in life. As Swami Sivananda said—

**Feel! I am very cheerful. Begin to smile and laugh several times.**

**Sing some tunes that can elevate (raise) you quickly.**

**Singing is very beneficial to drive off gloom (darkness)**

**Chant on loudly several times.**

**Run in the open air, depression will vanish soon.**

—Sure Ways for Success in Life and God realization P-36.

**8. Adopt simplicity and Be Busy**— We see that simplicity and high thinking makes life easy and

uncomplicated. Most of the people have increased their desires which cannot be fulfilled. As Lord Buddha said—

**We are unhappy due to foolish desires which can never be fulfilled.**

It is, therefore, desirable that to all the masses should cut the coat according to one's cloth and live within means so that one may live peacefully in life without any sort of stress and strain. Fewer the desires greater the happiness. As Lala Hardy M.A. said—

**Simplicity and tranquillity (peace) are co-sisters.**

—Hints for Self-culture.

Moreover, one should keep oneself busy without encroaching upon one's health. Since busy life is a very good life. One must be smug (satisfied) and not scug (spiritless). But one must try to better one's lot. Don't be lazy and remain busy to avoid depression and despondency in life. Act, act in the living present.

**9. Never be Afraid of public opinion—** One should be at right path without bothering about the public opinion. One should do good for the needy people according to one's capacity and capability. As generally said no one can hurt you without your permission. One should be confident of his work and ability. As Swami Sivananda said—

**Confidence is half success. You must fully know your real worth. A man of confidence is always successful in all his attempts and ventures. (Dangerous undertaking)**

—Sure ways for Success in Life and God Realization. P-186

**10. Do not have attachment with worldly things—** It is an admitted fact that every one has to die one day leaving

behind all his wealth and other material things. But wealth is very vital to maintain our health and other necessities of life. Thus one should use these material things but not be attached to them for getting out of depression and anxiety in life. Let attachment go from one's life then pride and fear will automatically be finished and one may be able to enjoy tension free and calm life as most of children do since there is no attachment and fear in their lives. If one has attachment, then at the time of death there will be no repentance. That is why Swami Sivananda said—

**Attachment is poison. Non-attachment is nectar.**

—Sure Ways for Success in Life and God-realization P-228

**11. Avoid Five C's**— It is requested to all the people of the world who are victim of tension these days to avoid following five C's from their lives to lead tension free and satisfied life. **1. Crime, 2. Corruption, 3. Comparison, 4. Confusion, 5. Conflict.**

**12. Adapt five D's**— It is requested to all the people of the world to adopt following five D's to lead tension, grief and anxiety free life. **1. Direction, 2. Dedication, 3. Determination, 4. Discipline, 5. Deadline.**

It is further stated that after adopting the five D's one will become a man of adaptability and adjustment. as Swami Sivananda said—

**A man of adaptability can pull on with anybody in any part of the world. People unconsciously love a man of adaptability. Adaptability gives immense strength and profound joy.**

—**Sure Ways for Success in Life and God Realization P-153.**

We should accept people of the world as they are since no one can direct and admire anyone, as one cannot change anyone according to one's desire whether one may be one's

wife, son, daughter, brother etc. Since everyone is a unique actor of this world, one should see only good points of other people and not bad points. As Alexander pope said—

**Virtuous and vicious everyman must be  
Few in extreme, but all in degree.**

One should transform one's thoughts and should correct one's behaviour to succeed in life. As Swami Vivekananda said—

**It is character and behaviour that pays everywhere.**

**13. Policy of forget and forgive—** Moreover, one should adopt the policy of “forget and forgive” to other people of the world even for their mistakes or behaviour to bring pleasure, peace and bliss in one's life to avoid tension. As Swami Sivananda said—

**Forget and forgive the mistakes. You will succeed in life. You will realize God quickly. There is no other way.**

—Sure Ways for Success in life and God-Realization —P. 183

Hence it is sufficient to say that with adoption of above mentioned main points one can avoid tension in one's life for leading peaceful and happy-go-lucky-life. The best way to remove tension is not to pay attention to tension.



## 21. THOUGHTS

**Good thoughts, deeply felt, will bring health, happiness, harmony, peace, power, ability and character. Wrong thoughts, deeply felt, will bring discord, depression, fear, sickness and failure.**

—C.D. Larson's *The Great Within*

**We built our future, thought by thought**

**Or good or bad and know it not**

**Yet so that universe is wrought.**

**Thought is another name of fate,**

**Choose then, thy destiny and wait**

**For love brings love and hate brings hate.**

— Ella Wheeler Winlecox

Every man has his own thought-world. Man, therefore, always lives in a world of thoughts. Thought alone shapes and moulds a man. Thoughts have giant powers. They are more powerful than electricity. They control our life, mould our character and shape our destiny. Every man has his own mental world, his own mode of thinking, his own ways of understanding things and his own ways of acting just as the face and voice of every man differ from those of others, the mode of thinking and understanding also differs; that is the reason why misunderstanding easily occurs between friends. As O.S. Marden says—

**Right thinking and right living make a right life.**

Thought is a great force, it creates and recreates, therefore, it can work wonders with the right technique of handling and manipulating (handling with skill) a thought. A spiritual thought has yellow colour. A thought charged with anger and hatred is of a dark red colour; a selfish thought has a brown colour etc. Be careful of your thoughts. Whatever

you said out of your mind comes back to you. Every thought you think is a boomerang (missile). Cultivate positive thoughts of purity, love, forgiveness, mercy, humility and generosity in your mind.

Now the question arises what are the main sources of thoughts. In fact, there are three main sources of thoughts i.e. past experiences, informations and belief systems, so much so that thoughts make our destiny. How? Thoughts generate feelings, feelings generate attitude, attitude generates actions, actions generate destiny. There are five stages of thoughts—Awareness, catching, underlining, stopping and transformation. Thus tension can be removed by thoughts. There are mainly four kinds of thoughts—

**1. Positive thoughts—** Positive thoughts are those thoughts which make us optimistic. Man should adopt those thoughts to succeed in life since man lives on hope. As Robert Browning said—

**God is in His heaven, and**

**All is right in the world.**

—Pippa's song

Positive thoughts are really blessings in the world full of pains and pangs. They replenish (fill up) our inner reserves. As L.F. Phalem said—

**Years wrinkle crease the skin, but loss of self confidence wrinkles the soul.**

**2. Negative thoughts—** These are those thoughts which make us pessimistic. We cannot succeed in life if we possess negative thoughts. These are created by negative attitude. As Thomas Hardy said—

**God is not in His heaven,**

**All is wrong in the world**

A negative thinker sees a difficulty in every opportunity and a positive thinker sees an opportunity in every difficulty.

**3. Essential thoughts—** They are those thoughts which one has to put into practice to run the train of life as thoughts are necessary for good health, education, livelihood etc.

**4. Waste thoughts—** These are thoughts which we think to waste our time and energy as we think of past and future unnecessarily. We should not think about past and future, but live in the present to succeed in life. Because past is gone and future is unknown and present is in our hand. Hence we should think positively essential thoughts to succeed in life. As a poet said—

**No pains no palm.**

**No thorns no throne**

**No gall (Bile) no glory**

**No cross no crown**

It is stated that a small truth can make life 100%

If ABCDEFGHIJKLMNOPQRSTUVWXYZ is equal to 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

1. Hard work =  $8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$

2. Luck =  $12 + 21 + 3 + 11 = 47\%$

3. Attitude =  $1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$

Thus it is our attitude towards life and work that makes our life 100% change. Our attitude and our life will be changed automatically.

Fewer the thoughts greater the peace. Always remember it. A rich man who is engaged in speculation in a big city and who has a large number of thoughts has a restless mind in spite of his comforts and luxuries. But on the other hand a saint who lives in the cave of the Himalayas and who is preventing thoughts is very happy in spite of his poverty and simplicity.

**Right thinking pays large dividends (shares).**

Fewer the thoughts greater the mental strength and concentration. Suppose that the average number of thoughts that pass through one's mind within one hour is one hundred. If man succeeds in reducing it by constant practice of concentration and meditation to ninety, one has gained 10% of the power of concentration of mind.

Every depressing and disturbing thought that enters your mind has a depressing effect on every cell of your body and tends to produce disease. All negative thoughts are forerunners of ills and they are messengers of death. Thoughts are the main source of our cheerfulness; purify your thoughts. they are panacea (universal remedy) for all ills and help in keeping good physique (health). Good thoughts are entertaining thoughts Japa, Kirtan and Meditation will electrify (vivify), (quicken), rejuvenate, (make young) energize the cells, nerves and tissues. Thus you will enjoy excellent mental health and have no physical disease.

Every thought of ours has a meaningful significance for us, the strength of our mind and body. Our achievement in our life and the comforts and pleasures we give to other people of our company all depend on the nature of our thoughts. This is known as thought culture, which is really, an exact science. Man is nothing but he is only the bundle of his thoughts. As he thinks so he becomes. If a man thinks that he is strong so he will be strong, similarly, if he thinks, weak, he will be weak. That is why Swami Vivekananda has said—

**Whatever you think, that you will be. If you think yourselves weak, weak you will be, if you think yourselves strong, strong you will be.**

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Now the question arises what are the main sources of the creation of the various thoughts of a person. Why do we differ from another? So much so that even thoughts of real

brothers may not tally in toto. That is why every second man is a different man in this world. There are different reasons behind it which are explained below—

1. Thoughts of every person differ due to impressions (Sanskars) of the past births.

2. Thoughts of every person differ due to his company and society. That is why there is a proverb in English language, “Man is known by the company he keeps and books he reads”.

3. Thoughts of different persons differ due to their means which is earned by them honestly and with hard labour. His thoughts also will become pure and pious.

4. Thoughts are created by means of one’s livelihood. So if a man wants to keep his thoughts pure and pious, he should earn money by honest means and hard labour.

5. Thoughts are created by the impact of scenery. So man should see good and attend religious gathering, house holders should put up the photographs of greatmen and saints like that of Maharishi Dayananda, Swami Vivekananda etc. in their homes. It creates good impression on their children’s mind.

6. Climates also create thoughts for person. Actually all the activities of man are due to climate. Thus Nature also plays very vital (important) role, in making man’s thoughts and characters. Ruskin said—

**Every right action and true thought sets the seal of its beauty on a person’s face.**

Frankly speaking, mainly five factors are responsible for man’s thoughts, i.e. 1. Sansakars (impressions of past birth), 2. genetic effects, 3. environment, 4. experience and 5. education.

Great and good thoughts are thrice blessed. Firstly it

benefits the thinker by improving his mental body. Secondly it benefits the person about whom it is entertained. Thirdly it benefits all mankind by improving the general mental atmosphere. Similarly bad and evil thoughts are thrice cursed. Firstly, it harms the thinker by doing injury to his mental body. Secondly it harms the person who is its object. Lastly it harms all mankind by destroying the whole mental atmosphere. As Justice Pritam Pal said—

**I firmly believe that thoughts are the biggest power and possession of a human being. Thoughts are as powerful as fire and storm and at the same time, they are also harbinger (messages) of peace and satisfaction.**

—Power thought P-15

Actually thoughts are man's progeny as a good son brings name and fame to his father. Similarly a bad son also brings bad name to defame his father. As such good and great thoughts bring happiness and elevation (height) to his father. It is, therefore, useful for a man to think about sublime thoughts for benefits.

Really, thoughts are the sources of all actions. Thinking is the real action. If man can root out all evil thoughts in the beginning, he will not do any evil action. If he can nip them in the bud, he will be free from the miseries of his life, firstly, a bad thought enters the human mind, then mind entertains a strong imagination, when it is not resisted, takes a strong hold of man's mind. Then it becomes very difficult to drive it off. Thoughts gain strength by repetition. If a man entertains a bad or good thought once, this bad or good thought has a tendency to appear again and again. What is good or what is bad it all depends on the conscience of a person. As Shakespeare said in his world famous drama "Hamlet"—

**There is nothing good or bad,  
but thinking makes it so.**

Thoughts will not enter his mind with noble and elevating thoughts if a man keeps his mind fully occupied. As there is a saying—

**An idle brain is the devil's workshop**

Avoid loose talk and fill the mind with good, positive, sublime and excellent thoughts. Do not waste even a single thought and energy in useless thinking. Think always for the welfare and selfless service of humanity. As a writer has written—

**We are what our thoughts have made us; So take care about what you think. Winds are secondary. Thoughts live they travel for.**

Man should drive away from his mind all useless and unnecessary thoughts. Since they impede (obstruct) his spiritual development and they are stumbling blocks to his growth, he is away from the Almighty when he entertains useless thoughts. So always entertain good and great thoughts since they are the stepping stones to his spiritual progress. Man can help many and spiritualize numberless persons of this world like Lord Krishna, Jesus, Swami Dayananda and Swami Vivekananda As Swami Vivekananda said :

**Give me a few men and women who are pure and selfless, and I shall shake the world.**



## 22. TIME

**There is only one way, traffic in time**

**Take the proverb to heart thine**

**Take and hold it fast**

**The Mill cannot grind**

**With the water that is fast.**

**The greatest gift you can give to someone is your time because time is a portion of your life that you can never get back.**

Time is more precious than money. Money lost can be regained by working hard. Lost knowledge can be regained by study. But time lost can never be regained. Waste of time, therefore, is the most extravagant and costliest of all expenses. This is the age of time management. Take time to study, to think, to work, to play, to sleep well and to meditate and wastage of time is like committing suicide. Time is formless. But it devours (destroys) life. It digests everything. It does not spare anybody. Time is relentless (merciless). It is the rat that cuts off the thread of the life in this world. It obliterates (eradicates) even what apparently looks to be very enduring (permanent). It spares not even the greatest person for a moment. It provides and controls all things. Nothing can stop its course. Actually, it creates and destroys everything in this universe. Only saints having God-realization can define its significance.

This world is a false show kept on by the Jugglery of maya, mind and senses. One enjoys the sensual pleasure for a period of fifteen to twenty years, when the senses are young and strong. What is this short, fleeting period of fifteen to twenty years in eternity? What is this mean, monotonous,

(same tone) sensual life as compared to the eternal and peaceful life of immortal self within?

It is often said that punctuality is the courtesy of kings. We should, however, remember that time is a highly precious thing. We have only a limited time period in life in which we are to act and grow and find fulfilment. If we waste this golden opportunity, we are no better than fools of the first water. As a student, who does not care for time, actually attracts the conclusion that time need not care for him, and time actually doesn't care for such a sluggard (lazy) and shirker. Time marches on leaving behind all the lazy, sluggish (lazy) lot who turn into worthless straws in the race of life. Such a student as does not gets up early in the morning, cannot go to school or college in time and pay full attention to his studies. Hence he fails not only in his examination but also in life.

Similarly a farmer who does not sow seeds and water the plants at the proper time, should hope to get no crops at the end of the season. An army that does not reach the battle-field in the right time, loses the battle. A business man who does not catch an opportunity for the progress or maintenance of his business, may lose even his capital in the long run.

There is no doubt that several literateurs, philosophers, thinkers and ideologists have spoken strongly against modern man's excessive obsession (attachment) with time. They may be right in their own way. It is true that the stress and strain and sick hurry of modern life are responsible for many diseases.

Be it as it may, the fact remains that when we have been cast in this world, we have to work and act according to circumstances. The situation is such that we cannot help acting quickly and wisely. Every moment lost may not be recalled again.

The greatest gift you can give to some one is your time because it is like giving a portion of your life that you can never get back. Everything is marching towards death and decay. Our life is short. We must act quickly and gain all the knowledge and enjoy ourselves as much as we can in this short period. For enjoyment, we need money and money cannot be had except through work. Hence we must work and work meticulously (carefully). We must do everything in a well-planned manner, dividing every unit of time to take full advantage of it. As for tension, stress and strain, we should channelise other methods such as meditation, yoga, exercise, pursuit of some hobby, etc. for a limited period and that at regular intervals. If we can manage our time properly, we can get prosperity, enjoyment of luxuries, peace of mind, indeed, everything. Otherwise, we lose everything. As Justice Pritam Pal said—

**Learn from the past and face up to the present so that future is not all bleak (Dull) or remorseful (Repentful)**

—Power of thought P-151

Generally, man spends, six hours in sleep and the rest of the day chit-chatting, telling lies, deceiving others, in selfish activities and motives in amassing wealth etc. How can man expect peace of mind, if he does not spend even an hour in the devotion and worship of the Almighty. So much so that he does not know anything about introspection, (an inward inspection) self-control, self-restraint and concentration. Thus he is living in vain. He wastes his precious life. Actually Hotels, Restaurants etc. are his abodes of immorality. Really he is leading a miserable life. As O.S. Marden has written—

**People deliberately waste precious hours, Unpurchaseable days and practically throw away**

**months and years of precious life in doing that which brings nothing of value in return.**

—Getting on

Life is not meant for eating, drinking, dressing and procreating (producing), There is something grand, unique and sublime behind it. There is an eternal life of bliss beyond it. Hence every moment should be used wisely for the achievement of this goal of life. Life is short and time is fleeting. The world is fair for a few days. Man comes alone in this world and he also will go alone from here. Nobody will accompany him. He came naked and will go naked. Man, during his lifetime, therefore, should give charity to the needy fellows, attend satsang and to do good to others, for this alone will accompany.

People have risen to greatness and prominence (distinction) by utilizing every moment of life wisely. Keep daily Diary. Reduce your slumber (sleep). Give up all the chit chatting to understand the value of time. Time is rolling away. Hair have become grey. Teeth have fallen. But man is still attached to perishable objects. Tell me friends, how long will you be slaves of the fleeting things of this life? How long are you going to repeat the same sensual pleasures? How long do you wish to worship Mammon and woman? When will you find time to meditate and realize God? Think and act. As O.S. Marden said—

**Where the heart is, there is the treasure.**

**Where the ambition is, there is time.**

As a matter of fact, nobody in the world knows the movement of time. Not to speak of future, man cannot know even past and present unless somebody tells him truly since he is not omnipotent and omnipresent like God. God being omnipotent and omnipresent knows all the events of past,

present and future. The future of everyman, is therefore, unknown and uncertain. So much so that even the astrologers cannot know anything about future except the Mathematical Astrology which is based on correct calculations. That is why Pope aptly remarked—

**Heaven from all creatures hides the book of fate.**

It is, therefore, a fact that fate of every one is unknown and uncertain and it is only a calculation at the most, which may prove right or wrong. Time only will reveal the mysteries of life and destiny of a man. It is a fact that nothing is guaranteed and definite in this complex and complicated cosmos (world) except death which is really a universal fact and natural course of life. Time is changing every moment. But a man cannot control the movement of time. Man is expected, therefore, to take into account nation, place and time if he wants to succeed in the journey of human life.

It is a well known fact that man can do only one thing at a time with full concentration since the mind of a man only concentrates on one work properly. Moreover, if any man wants to do any extra work, he will have to adjust the time for doing that particular work owing to human limitation and time limitation. Everybody is very busy in one's own work and has no time. He finds time by making the proper adjustment of time except the time of demise. We cannot adjust the time for our death. It will occur without our concurrence (assent). Therefore, time is valuable and we, should make the best use of it.

Frankly speaking, time is most precious. It can never be recalled. It is rolling on with a tremendous (considerable) speed. When the clock strikes, remember that one hour is cut from the span of your life. Every second must be well utilized for the achievement of a goal of life. Billgates and

Mukesh Ambani etc. know the value of time. A second is most precious for them. They earn a lot in an hour. Time is all money. Businessmen who are engaged in their business are very careful about their time. So also the spiritual aspirants who are very careful about time, they use it in meditation and realization of the Almighty. They will not spare even a second in the service of God. If you take care of the Seconds, the hours will take care of themselves. Swami Shivananda has aptly said—

**Life is short, time is fleeting, obstacles are many, cut the knot of avidya and drink the Nirvanic bliss.**

Life is a link in the chain of time. If man wastes time, it means he wastes life. Know the value of time. Do not trifle with time. Make the utmost use of it. Utilize every second in spiritual pursuits and service of humanity.

Past, Present and Future are all relative. Present becomes Past. Future becomes present. Present alone is real. Always live in this present, Past is experience, present is experiment and future is expectation. Similarly today becomes yesterday. Yesterday is today's memory. It is a remembrance only. Tomorrow is today's dream. It is a longing only. Live in the solid present alone. Wipe off yesterday and tomorrow. In God, there is neither past nor future. It is eternity. It is all solid present alone. Present, therefore, is only the solid reality. Man cannot rectify the past. Man is not sure of tomorrow. The only thing left is to make today as useful as it can be. Yesterday is but a dream. Tomorrow is but a vision. Do not worry about dead yesterday and unborn tomorrow, but concentrate on today the eternal present. Never think of the past, it brings tears. Never think of the future, it brings fear. Live life in the present and you will

always be happy. Hence it is sufficient to say in one sentence that yesterday is like a cancelled cheque, tomorrow is a promissory note; today is ready cash for use and enjoy the same. As a famous writer said –

**Past is a waste paper, present is a newspaper, future is a question paper so read and write it carefully, otherwise life will become a tissue paper (thin soft paper).**

As O.S. Marden has written—

**The greatest things of the world have been done by those who systematized their work, organized their time. Men who have left their mark on the world have appreciated this preciousness of time regarding it as their great quarry (victim).**

—Self Investment



## 23. WEALTH

**She is the sovereign Queen of all delights,  
For her the lawyer pleads, the soldier fights.**

—Richard Bartrend

Great and marvellous (wonderful) are the powers of pelf (money) and purse in the mechanical and materialistic age of ours. Wherever we cast our eyes, we see the achievements and attainments of wealth. It is a pivot around which the whole of the World revolves. It has not only changed our outlook, ideals and thoughts, but our hopes and dreams, as well. As O.S. Martern has written—

**We have commercialized our friendship,  
commercialized our ability, our energy, our time.  
Everything possible has been turned into dollars  
and the result is that we have money but many of  
us have not much else.**

—Self-Investment P-80

Wealth is so powerful that common activities of life of the common man revolve around it. For example a teacher or a clerk who goes to the school or the office does so only because he wants to make both ends meet. His existence will be to some extent impossible if he does not do so since money is needed everywhere. It is needed even to fulfil our basic needs bread, cloth and accommodation which are very essential for the existence of life. So much so that it is needed even after death for religious ceremonies. Thus life without money is ashes and cinders. It brings brightness in one's life by banishing all fears about how to keep our bodies and souls together. A prosperous person can enjoy everything in life. He can have a beautiful palace, a fine car,

costly clothes, a splendid library etc. George Herbert said—

**Golden key opens all locks; no lock will hold against the power of Gold.**

A rich man can realize all his possibilities. A poor man can't realize his dream of becoming a painter, or a musician for want of money. He may possess an artistic taste, but he has nothing to feed himself. The result is that he has to starve his nobler faculties. All great poets and writers suffered endless agonies because of adversity. A rich man can only dream of all comforts and luxuries of life.

A prosperous person can be philanthropist (Lover of mankind). A poor man who can't keep the wolf from the door, can't do any thing for his motherland and its people. A rich fellow can open Hospitals, Schools, Colleges etc. for the welfare of the poor to earn name and fame.

Ready money never leaves us in the lurch, as our relatives and fair-weather-friends do. It helps us as long as we live, like a fair and faithful friend. Shakespeare said—

**There are three faithful friends,  
old wife, old dog and ready money.**

Money sometimes saves us from the noose of death. It can save a criminal who is under death sentence. When the palm is greased; truth ceases to exist and the criminal is released. There is a Russian saying—

**When money speaks, truth is silent.**

Money is a medium of exchange and solves one's many problems. It is a measure of values of varied things only if one uses it properly. It transfers values and serves as a store of value against a rainy day. Hence it serves as a standard of deferred payments. It is aptly said—

## **Money is a matter of functions four**

### **A medium, a measure, a standard, a store.**

Wealth is useful for only that person who knows the right use of it. Though it is earned by the sweat of one's brow, yet generally people do not use it wisely. If we misuse it we shall find ourselves in hot waters and meet the destruction and decay in the long run. It is the root cause of all evils. Thus it has become a necessary evil.

### **Gold begets brethren hate**

### **Gold families debate**

### **Gold does friends separate**

### **Gold does civil fight create.**

Frankly, speaking money is very vital (important) in man's life. But it is not the end of life. Our first wealth is health and second wealth is money. Money plays a very dominating role in man's life. It is a very good servant but very bad master. It provides man basic needs, comforts and luxuries, but not bliss which is more important than money. There should be equilibrium (balance) between materialism and spiritualism for the versatile development of man so that man can enjoy happiness and bliss.

Man is not a mere moneymaking machine and doing so is no success. What a man can do with too much money, when his needs have been fulfilled, he would spend excess money on wagering, (gambling) wine, woman while his countrymen may be naked and starving. Most of the rich people are suffering from the immorality whereas the poor are suffering from poverty and the middle way is the very good way for a man. He should utilize one's wealth for some constructive work for the welfare of one's nation and should not waste it. If he does so, it must be the greatest, blessing

for him as well as for the nation and if not it will prove a curse for him. As O.S. Marden says—

**There is really very little connection between the accumulation of money and real success. Success is growth, is expansion, is unfolding of the divine nature of man, of all that is God-like within him. A man may succeed in piling up millions and yet fail in his higher development, fail in the supreme object of his life on earth.**

—Getting on P-160



## 24. WOMAN

**Grace was in all her steps, heaven in her eyes.  
In every gesture, dignity and life.**

—John Milton

There is something in a woman beyond all human delight, a magnetic virtue, charming quality and occult (secret) and powerful motive. A woman is like your shadow, follow her she flies, fly from her, she follows. Woman is a God's creation in whose presence and contact you cultivate softness, delicacy & pleasantness and become lustful at the same time.

Just a formal reflection over the general historical development of culture and civilization of the world shows that the status of woman has been challenged almost in every phase of the human history and by the generation that really lived and was dependent upon this poor creature of Nature. Many times the status of woman has been shattered by the different classes of society but the extreme exploitation has been made by the feudal imperialistic pattern of society. A new form of family conditioned the status of woman and in the upbringing of the younger generation is being prepared by the highest forms of modern capitalism.

Female family inevitably assumes the most terrible, disastrous forms in modern society. The turning of my topic is just based on sound footing for it is the most fundamental issue. Idealism and materialism leads only to confusion. Theory is just reactionary and at best a shamefaced way of surreptitiously (introduced from dulently) accepting materialism and as long as we actually observe and think we cannot possibly get away from the philosophy of

materialism.

The ordinary human being hanging in the suspense of confusion cannot have the firm path of either divinity or materialism and interpreting all this man keeps himself blind to the wise realism of the world. The fundamental discrepancies (disagreements) that creep in the philosophies are the outcome of the frustration surging over the confused human mind.

### **Loveliest of Women**

**Heaven is in thy soul. Beauty and Virtue shine for ever around thee.**

The significance (importance) of woman for the existence of this planet is very vital (important). She plays very significant role in every domain of life. She is mother, sister, wife and beloved. She gives birth to children with the union of man so that the world may exist. She is really dependent on her parents, before marriage. After marriage she takes shelter in her Father-in-law/husband's house where she becomes one's better half. That is the reason, marriage is a sort of shelter and blessing for a woman. We should praise and sympathise for womanhood. I see every woman as woman. We should praise from the very core of our heart, the ravishing beauty which is a cynosure of all eyes since beauty is to see and not to touch. A little tiny pretty, witty, charming darling as she is.

Modern woman occupies high power and position in every walk of life. But most of the modern women are all vogue (fashion) outside and all vague (showy) inside and that is the reason which provokes (encites) thoughts and arguments do not carry weight. It is expected of a woman to be constructive and deep and not showy, so that she may be able to travel successfully and joyfully during the journey of human life with man. Man is also expected to respect her

since she is not now her puppet but has equal right like man in every domain of life. It is said by Sir John Suckliy—

**She is pretty to walk with; and  
witty to talk with and  
Pleasant to think on.**

Some time woman becomes bone of contentions for man. We know that the great war like war of Troy and war between Rama and Ravna were fought owing to Helen and Sita who were women in real sense of the term. But good women are very rare to be seen like good men. It is generally said that the selection of spouse (wife) is very rare achievement and attainment for man and good wife and good health are man's best wealth.

A real woman is really the paragon of the beauty and permanent and perpetual joy for man. But she should be very pious and pure from the heart. We are reminded Keats's lines in this connection—

**Light feet, dark violet eyes and parted hairs,  
Soft dimpled hands white neck and creamy  
breasts are things on whose dazzled senses rest  
Till fond eyes forget they store.**

Generally women have proved to be more faithful and loyal than men in life. Generally man corrupts the woman and not woman corrupts the man as she is really gentle and soft sex.

**What a flood of light nay, what a feast of light she  
is!**

There is no worse evil than a bad woman. The fault lies in her desire to be like man. It is better to dwell in a corner of house top than with a growling (grumbling) woman in the wide house.

The ideas that man and woman are equal is a purely

western concept. The Indian concept is that they are one. To the Indian concept wife is known as Ardhangini. She ever dwells in her husband. She occupies half the body of her husband and vice versa. The Indian woman always identified herself entirely with her husband in all walks of life. So much as that no religious ceremony can be performed and completed by the husband without his wife. Moreover, she produces progeny with the union of her husband after marriage. Thus she maintains human creation. She illumines (enlighten) her home through the glory of motherhood.

From times immemorial, Sita, Savitri, Damyanti, Draupadi etc. have been regarded as sacred ideals of Indian womanhood. They are as a matter of fact sublime characters who have exalted womanhood to the height of divine perfection. As Swami Shivananda said in “Sure ways for Success in life and God. Realization”—

**Avoid looking at woman with lustful intents. Entertain Atma Bhava or the Bhavna of Mother, Sister or Devi. You may fail many times. Again and again, try to realize this Bhavna. Whenever the mind runs towards attractive women with lustful thoughts, have a definite clearcut photo in the mind of the flesh bone, urine and faecal matter of which women are composed.**

—P-223

I have good respect and reverence for Woman. I adore them as Devis. But I am not in favour of such freedom for woman as this will ruin them. I am in favour of such education and culture as will make them ideal women. Moreover, they should become good ideal mothers only. They have their own psychological traits temperaments, capacities, virtues etc. They, therefore, should not compete with men. They

should play their role intelligently for bringing up the progeny for the welfare of nation. That is why Napoleon has truly said—

**Give me good mothers, I will give you good nation.**

Hence woman is the wonderful work of the Almighty, the wonder of Nature, the Marvel of Marvels, the queen of the home, and the sweet companion of man. Really speaking, she is mysterious mixture of magnanimity (greatness), selflessness, gentleness and gracefulness. As Shri Rama Krishna said—

**Look upon all women as your own mother, never look at the face of a woman, but look at her feet. All evil thought will then fly away.**



## 25. WE LIVE IN DEEDS, NOT IN YEARS

—Shakespeare

**Lives of great men all remind us,  
We can make our lives sublime (impressive)  
And departing leave behind us,  
Footprints on the sand of time.**

—Longfellow

As Bertrand Russell said—

**No great achievement is possible without  
persistent (persevering) work.**

—The Conquest of Happiness

Human life is like a bubble, which must burst after a while. To every human being death must come sooner or later. The only difference is that to some time is allotted a short one and for others is allotted a long span of life. But one's life is whether shorter or longer than another really matters little, since our deeds and actions, not months or years are the true measure of our life. Our real worth is to be judged by the use which we make of our life, by the efforts which we make to achieve the goal, by the struggle which we put forth to get over difficulties and the good deeds which we leave behind.

True greatness does not lie in possession of things like the scepter (authority) and the crown, power and pelf (money) heredity and high rank, since they are shadows, not substantial things. Frankly speaking, great men are those who live a noble life, who shed the lustre (brightness) of their genius in the realms of art, literature, philosophy, science etc. and who by the qualities of their head and heart, lift themselves far above their fellow men. As Frank M Vanal has written :

**He never grows old, time draws lines  
Of pain of sorrows and tears.  
Must leave their impress wide and deep  
On the face of declining years.  
But the gentle spirit, fraught with love,  
Bright deeds of happiness unfold.  
Grows brighter, lovelier with age.  
More winsome still grows never old.**

A few illustrations will drive the point home. Buddha was great not because he was the son of a king, but because he gave the world the means of escape from death. Ashoka was great, not because of his remarkable conquests but because his life was dedicated to the spread of non-violence. Vidya Sagar was great not because he was a man of great education, but because he was a man whose heart was overflowing with the milk of human kindness. Mahatma Gandhi was great, not because of his political leadership, but because of his gospel of truth and non-violence. As Swami Vivekananda said—

**This life is short, the vanities of the world are transient, but they alone live who live for others, rest are more dead than alive.**

—Vol-IV P 363

Men are not those who live only for themselves, who live an animal life. They being more concerned with eating, drinking and merry-making have no higher purposes of life. The coming and going of such men are not taken note of by anybody. They pass out of the world's stage dishonoured, unfelt and unsung. Most of the people in the world are leading mundane (materialistic) life. Actually it is not a life at all but animal life. What is life? Is it merely the act of breathing

or digestion or excretion (discharging waste material) or the act of metabolism? Is it mere thinking planning or scheming to earn money, name and fame? Is it the act of procreation (production) to keep up the line? Is it the sum total of all these processes? Or is it the movement of protoplasm (semi fluid substance) in the organism amoeba (animal) with its single nucleus (centre) on the contrary, there are men who dedicate their lives to a noble object, to the service of mankind, who extend the frontiers of knowledge and art and advance the cause of culture and civilization./ Such men, serving as an example and inspiration to others represent the real salt of earth. They do not die. They continue to live not in flesh and blood, but in the grateful hearts of their fellowmen. By their golden deeds they live a life of honour and are remembered even after death. That is why Calvin Coolidge truly said—

**No person was ever honored for what he received.  
Honour has been the reward for what he gave.**

The greatness of a man is judged not by the number of years he lives, but by the number of good and noble deeds he performs in his life. Longevity has no correlation (reciprocal relation) with greatness. But even if they die at a younger age, it would not make much difference, since it is not their span of life but their great deeds their unique contributions in different spheres of life in which they made their mark, that would keep them alive. The truth is illustrated by the lives of Adishankracharyya, Swami Vivekananda, great English dramatist Marlowe, Keats, Shelley etc. who died at a comparatively young age, but they are still remembered and to date their unique achievements and attainments in the domain of literature and religion are remembered. The halo of their unique contributions to the

cause of human progress is still visible in the horizon. The imperishable footprints left by them on the sands of time have made them immortal. That is why Ben Jonson has truly remarked—

**It is not growing like a tree.  
In bulk, both make man better be  
Or standing like an oak, three hundred year,  
To fall a log at last, dry, lead and sere  
Lily of a day  
Is fairer far in May  
Although it may fall and die that night.**

Every country and every age has witnessed the birth of such men. But it is not as if they wake up one fine morning and found themselves great. As a poet has said—

**The heights, by great men reached and kept.  
Were not attained by sudden flight.  
But they, while their companions slept,  
were toiling upward in the night**

Their paths were not strewn with roses possibly they were full of thorns and they had to work hard in the flaming forge (furnace) of life to be able to shape their destiny in the way they did. The story of their lives is thus a story of trials and tribulation, (distress) difficulties and disappointments, struggles and strivings and above all, of their dogged determination to reach the goal. As Smuel Ullema said—

**No body grows old by number of years. We grow old by our ideals.**

A study of the lives of great men teaches us how they got over the difficulties which came in their way, what sustained them in moments of darkness and despair. There

are men and men. There are men who strut (affected gait) and fret (annoyance) their brief stay on the stage of life and they pass out unknown, dishonourable and unsung. Lives of these men are seldom written, and if written are seldom read and if read, seldom prove interesting. There are again rich and wicked people, whose henchmen (reliable followers) create a halo of false glory round them. Lives of these men do not stand the crucial test of time. Such men soon stand revealed in their colours.

There are others—pillars of society, representative of the age, saints, statesmen and scholars. Lives of these men serve as because light to us in our voyage (journey) through life. Emerson in his “Representative Men”, Carlyle in his “Heroes and Hero-worship”, Gordiner in his “Pillars of Society” and “Prophets, priests and kings” and Starchey in his “Eminent Victorians” have dealt with such men. Lives of greatmen are living examples of the value of precepts. It has been well said that precepts are the nail, while the great men practising these precepts (commands) in their daily lives are hammers for they drive home these nails on man. Emerson says—

**We do not count free man of year until he has nothing else to count.**

It is a fact that greatness of a person is judged by his great and good deeds not by his self and position. That is why V.A. Smith has written in his world famous book “Akbar the Great”.

**Tulsi Dass was the greatest man of his age. He was even greater than “Akbar the King”.**

Great historian V.A. Smith said that Tulsi Dass was the greatest poet of Hindi literature and wrote “Ramchritmansa”

the World famous epic of Hindu literature was greater than emperor Akbar because Tulsi Dass ruled over the heart of the people by great and good deeds where as Akbar only ruled over the Indian people as an emperor.

No man is immortal. Death is inevitable but noble deeds make him immortal. Respect is earned by actions and not acquired by years. Life becomes exciting when it is lived for others or when it does something beneficial to mankind. The contribution may be in indifferent fields such as literature, arts, social service, music, science etc. A writer has written;

**It is not the hours we put in on the job, it is what we put into the hours that counts.**

One who commits crimes also lives for sometime after death. But people remark such a person with hatred and contempt. The sandal wood smuggler Veerappen committed innumerable crimes. The terrorists commit heinous crimes against humanity. People remember them with a strong dislike and feel relieved on their death.

The worth of a thing depends upon quality and not quantity. Similarly a successful life is measured by noble deeds and not by years. However a long life is a blessing of God as it enables a noble man to do useful constructive work for the good of humanity for a number of years. There were many who served their fellow beings and became immortal.

What Herculean efforts they had to put forth to march forward from meagre progress to great progress and how ultimately these efforts were crowned with success. These lessons of their lives cannot fail to forewarn against the pitfalls that lie ahead of us and inspire us not to rest till the goal.

Success is never permanent. Failure is never final. So always donot stop effort until your victory makes a history. Great is the light of the world. Patience and perseverance, devotion to duty and discipline, courage and contentment love and charity, service and scarifice these are some of the great qualities, which are mirrored in their lives. As votaries (worshipers) in the temple of truth and knowldge, they served as a beacon ( light house) lights to us in our voyage through the unchartered sea of life.

It is the good deeds of such great men that shine in the world and it is because they also shine that they live for a long long time after their death. That is why Thoms Paine has said in his book “Right of Man”.

**The World is my country all mankind are my brethern and to do good is my religion.**



## लेखक द्वारा प्रकाशित एवं निःशुल्क वितरित पुस्तकों की सूची :-

1. रामचरितमानससार
2. गीतासार
3. उपनिषद्सार
4. सत्यार्थप्रकाशसार
5. भक्ति
6. सुखीजीवन
7. आत्मबोध
8. वेदवाणी
9. वैदिकसाहित्य
10. अमृतवाणी
11. महर्षि दयानंद
12. स्वामी विवेकानंद
13. शरणागति
14. वैदिक रामायण
15. क्या आप जानते हैं ?
16. शेर-ओ-शायरी
17. ओ३म्

## लेखक द्वारा अप्रकाशित पुस्तकों की सूची :-

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. वैदिक मनुस्मृति             | 19. संस्कार                   |
| 2. वैदिक उपनिषद्वाणी           | 20. गीतांजलि                  |
| 3. वैदिक दर्शनवाणी             | 21. आर्यसमाज                  |
| 4. वैदिक महाभारत               | 22. गायत्रीरहस्य              |
| 5. वैदिक गीता                  | 23. ज्ञानामृत                 |
| 6. अमर धर्मग्रंथ               | 24. यज्ञ                      |
| 7. अमर नीतिग्रंथ               | 25. संत                       |
| 8. पुराणपरिचय                  | 26. संतवाणी                   |
| 9. ईश्वरसिद्धि                 | 27. आत्मकथा                   |
| 10. राष्ट्रभाषा हिन्दी         | 28. भतृहरिशतक                 |
| 11. मर्यादा पुरुषोत्तम श्रीराम | 29. ब्रह्मचर्य                |
| 12. महावीर हनुमान              | 30. गृहस्थ                    |
| 13. योगिराज श्रीकृष्ण          | 31. सामान्य हिन्दी (भाग I-II) |
| 14. आदिशंकराचार्य              | (सब कक्षाओं के लिये)          |
| 15. आचार्य चाणक्य              | 32. Great Thoughts            |
| 16. दस गुरु                    | 33. General English           |
| 17. आर्यसमाज के महामानव        | (Part I to V)                 |
| 18. स्वामी रामतीर्थ            | (For All Classes)             |

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